Reporting cyber-bullying

Should I report to the school?
If the bullying involves other children from their school, children's home, or youth centre, report the incident there first. Staff should have an anti-bullying policy, should follow these procedures and keep you informed.

They may get specialist support from other agencies like the police or the local authority.

Who else can I report to?
You can report cyber-bullying and other cyber-safety concerns to

- CEOP (Child Exploitation and Online Protection Centre)
- The company providing your internet or phone service
- The site or forum where the bullying is happening

This leaflet refers to children and young people bullying one another. If an adult is involved or the child is in immediate danger, call the emergency services by dialling 999.

More information about cyber-safety

Birmingham City Council
www.birmingham.gov.uk/stopbullying

West Midlands Police
www.west-midlands.police.uk

CEOP Child Exploitation and Online Protection
www.ceop.police.uk
www.thinkuknow.co.uk

Childnet International
www.digizen.org

Beat Bullying
www.cybermentors.org.uk

National Helplines

Family Lives 0808 800 2222
www.familylives.org.uk

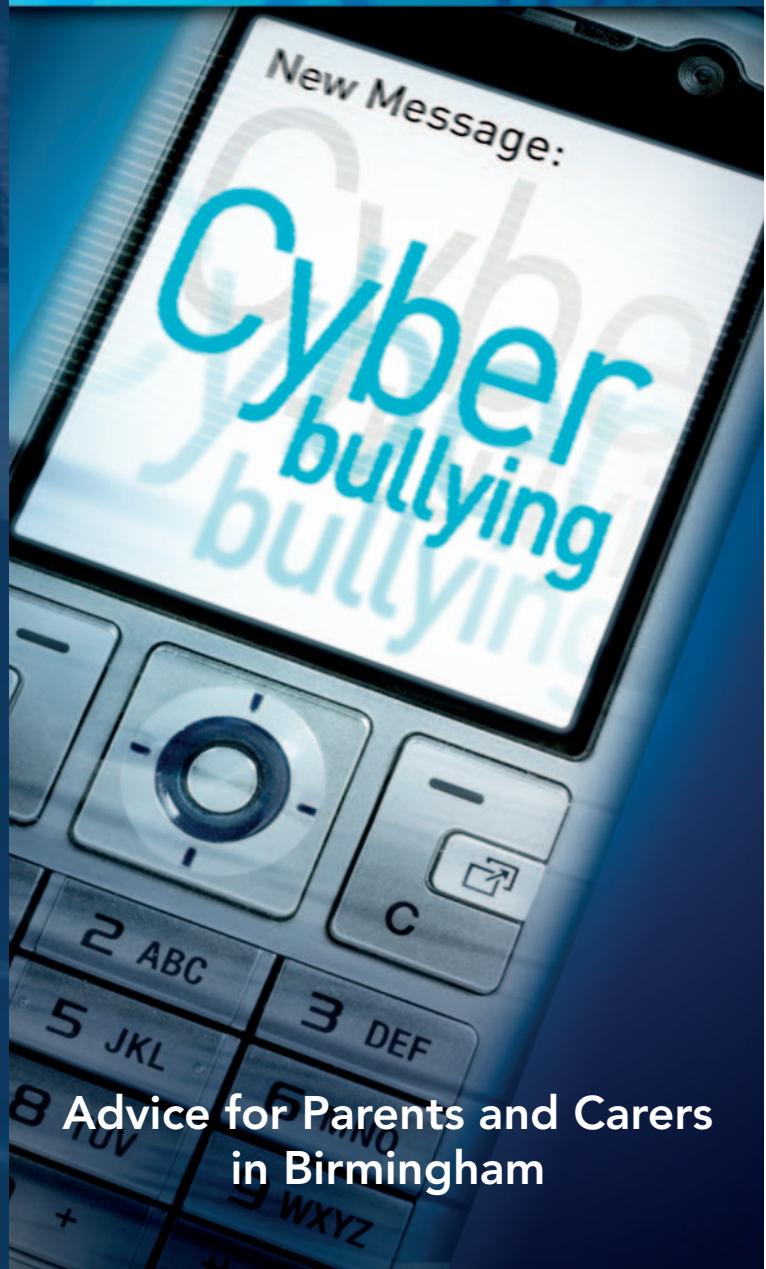
Childline 0800 1111
www.childline.org.uk

Produced by Birmingham's Bullying Reduction Action Group (BRAG) with support from Nechells Parents Forum, based at the POD.

POD
Working Together in Nechells

Birmingham City Council

How to tackle...



Advice for Parents and Carers in Birmingham

What is cyber-bullying?

Cyber-bullying is when a person, or a group of people, uses the internet, mobile phones or other digital technologies to threaten, tease or abuse someone else. It can happen 24/7 and sometimes the bully (or bullies) may be anonymous. More than one technology may be used and sometimes the abuse is public for many people to see.

How will I know if my child is being cyber-bullied?

There may not be any obvious signs but watch out for

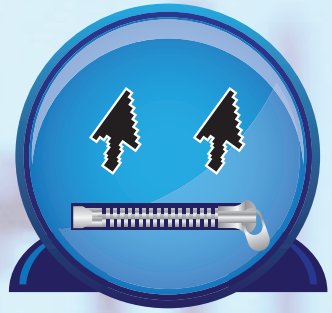
- any changes in behaviour (becoming more emotional or withdrawn than usual)
- being secretive about work on the computer
- keeping mobile on silent

What if my child is involved in doing cyber-bullying?

Teach your child how to behave respectfully and responsibly online and that bullying of any kind is not OK. Make sure they understand the consequences of taking part in cyber-bullying, both for themselves and those they bully. Keep an eye on their phone and internet use to check that they don't become involved.

What can parents do about cyber-bullying?

1. Try and keep up to date with modern technologies yourself and be informed about the risks and how to minimize them.
2. Create a family agreement about the computer and phone use. Agree that
   a. they will tell if they are cyber-bullied or feel unsafe in any other way.
   b. you will help them to sort it out, if it happens.
3. Make sure your security software is up to date and appropriate.
4. If your child is being cyber-bullied, stay calm, re-assure them and be positive (even though you may be upset and angry yourself).
5. Report the cyber-bullying and get support yourself, from the agencies overleaf.
6. Don't delete any abusive messages or web-content. Save everything and keep a copy. You can cut and paste a message into another document, or photocopy phone messages. All messages can be traced and perpetrators found.
7. Teach your child the Click Clever, Click Safe Code: Zip It, Block It, Flag It.



ZIP IT

Keep your personal stuff private and think about what you say and do online.

BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.

FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.