



<https://www.youtube.com/watch?v=-Kq3nvC8La0>

Let's recap what we learned in our last e-safety assembly ...

S

SAFE

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.



M

MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.



A

ACCEPTING

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



R

RELIABLE

Information you find on the internet may not be true, or someone online may be lying about who they are.



T

TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

**THINK
U
KNOW**
.co.uk

You can report online abuse to the police at www.thinkuknow.co.uk



Aims

- To understand what cyberbullying is.
- To identify what to do if you or someone else is being cyberbullied.



“ **WHAT IS BULLYING?** ”

When one person or a group **repeatedly hurts** another person or group **on purpose** ”

WHAT IS BULLYING?



**What is
cyberbullying?**

Cyberbullying is any form of bullying which takes place online or using technology and causes harm or distress to a person or group of people.



Can you think of any examples of cyberbullying?

Effects of Cyberbullying

Anyone, anywhere can be a victim of cyberbullying. It can feel like there is no escape from it and you might:



worry about parents or other family members looking at your device;

find excuses to stay away from school;

be left out of social events or see less of your friends;

lose your appetite or feel like you need to change yourself to try and fit in;

feel a range of emotions, such as anger, sadness and loneliness.



What Could You Do?

What could you do if you or someone you know is being cyberbullied?

REPORT

REPORT

Report via the online site that you experience it on, then tell a trusted adult about it and ask for help.



SAVE

Keep evidence, take screenshots.



BLOCK

Block the person or group of people responsible



Don't keep it to yourself! People want to help you and make it better.

Scenario Solutions



Think about these scenarios.

1

2

3

Can you come up with a solution to the problem?

Scenario Solutions

Scenario 1

You are playing an online video game with some people from school. Suddenly, the conversation gets nasty and a person says some hurtful things about your family.

What
should
you do?

Back



Scenario Solutions

Scenario 2

You have received a really unkind and hurtful text message from someone in your class.

ChatBop!

Just to let you know



Don't come to school tomorrow or...



you'll regret it!



Back

What should you do?

Scenario Solutions

Scenario 3

You and your two best friends are in a group chat. One of your best friends sends you a private message suggesting that you should both set up a new chat group leaving the other friend out.

What
should
you
do?



Reflection

What have you learnt today that will help you to keep safe from cyberbullying?

Do you know what to do and who to talk to if you, or someone you know is being cyberbullied in any way?



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