

# KFSW Guidance for Online Bullying 2023

## *Online Bullying is different to other forms of bullying because:*

- It can occur anytime, anywhere - including at home
- The audience of online-bullying can be large and reached very quickly and easily if the messages are passed around or re-posted online
- ***It can be unintentional*** as people may not think of the consequences of sending messages or images

## Ways of Online Bullying

The most common ways of Online Bullying are through:

- Social networking and personal websites eg Tiktok, Snapchat, Instagram, Facebook etc
- Text/photo/video messaging
- Abusive or prank phone calls
- Gaming sites, consoles and virtual worlds
- Video hosting sites eg YouTube
- Identity theft
- Instant message services

## Protecting Children from online bullying and steps you may need to take

- Affirm that bullying is always wrong and that seeking help is the right thing to do
- Encourage them to talk to you; listen and react with empathy
- Watch out for them being upset after using the internet or their mobile phone
- Understand the ways in which they are using digital technology
- Encourage age appropriate social media sites
- Encourage them to show you any abusive or offensive messages they have received and keep a record of them
- Help them report any abuse to their internet service provider, the website manager / moderator, the mobile phone company or the police
- Tell them NEVER to respond to any abusive messages or calls, this is usually what the bully wants
- Discuss keeping their passwords safe and avoid giving their personal details to people outside their circle of friends or family
- Discuss security settings on apps/social media sites to ensure they receive messages from people they have chosen to communicate with and to block unwanted messages
- Suggest changing numbers or closing accounts on social media if the abuse continues