

## APPENDIX 1 CYBER-BULLYING

A particularly insidious form of bullying may be referred to as 'Cyber-bullying' (via text messages, social media or gaming, which can include the use of images and video). A working definition may be: 'An aggressive, intentional act carried out by a group or an individual, using electronic forms of contact, repeatedly over time against a victim who cannot easily defend him or herself.' (The Anti-bullying Alliance.)

Ways to stay out of harm's way:

- Respect other people both online and off. Do not spread rumours or share secrets, including phone numbers and passwords.
- If someone insults you online or by phone, stay calm and ignore them.
- 'Do as you would be done by.' Think how you would feel if you were bullied. You are responsible for your own behaviour, make sure that you do not distress others or cause them to be bullied by someone else.
- Pupils are asked to report anything that they see that worries them, whether about themselves or about other pupils in the school.

See also the College's policy on the acceptable use of IT.

Where a member of staff hears a complaint of or suspects cyberbullying, the procedures set out in this policy must be followed. The College's anti-bullying policy will be invoked as set out above when an incidence of cyber-bullying is reported to the DHP.

The College is able to search electronic devices in where cyberbullying is suspected. See the College's Behaviour and Discipline Policy for details about searching and confiscation.

In addition to the actions set out above, the College will offer support to the recipient of the bullying in the form of information sheets or the addresses of websites, given below, containing advice about how to counter the form of bullying in question. The school will discuss with the recipient and his or her parents whether the Police should be informed.

What to do if you are being cyber-bullied:

- Keep any evidence. (Print off internet material, save texts etc, even if the material is embarrassing – such material will be treated with discretion but may be crucial in dealing with the issue.)
- Do not ignore the bullying. Tell someone you trust such as a member of staff or your parents.
- Keep calm, don't get angry or frightened. Just don't react; it will only make the person bullying you more likely to continue.
- Consider signing out of a web site if that is the source of the problem.
- The law is on your side. There are laws that may be used to counter cyber-bullying.

Websites with links to specific advice.

<http://www.thinkuknow.co.uk> – advice about staying safe on the internet.

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<http://www.anti-bullyingalliance.org.uk> – information and advice about bullying in general.

#### Cyber-bullying Support Information.

If you feel you are being bullied through your mobile phone, either with phone calls or text messages, you will be able to seek help from your phone network provider using the phone numbers below:

Orange - 07973 100 150, or 150 from an Orange phone

Vodafone - 08700 700 11, or 191 from a Vodafone phone

O2 - 08705 678 678, or 4445 from an O2 phone

Virgin Mobile - 0845 6000 070, or 789 from a Virgin Mobile phone

3 Network - 08707 330 333, or 333 from your 3 Network phone

T-Mobile - 0845 412 5000

If you are experiencing bullying phone calls through your landline, the numbers of the providers below may be useful:

British Telecom Nuisance Call Advisor - freephone 0800 661 441

NTL - 0845 454 0000

Telewest - 0845 142 0220

If you are experiencing cyber-bullying through your email account, you may want to contact your Internet service provider for help.