

Information Session

Online Bullying

Q & A



Connect

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Connect is a trading name of Scottish Parent Teacher Council, Company No SC151086 and Scottish Charity No SC019168

Ground rules

- Please mute your audio unless you are invited to speak
- Please keep your video off
- Please type your name or initials, school/nursery, and local authority in the Chatbox so we know who is there
- Hover your mouse at the bottom of the screen to find Chat in the Zoom toolbar
- You can type a question or comment in the Chatbox at any time. There will be breaks in the presentation to look at questions/comments/hear stories
- If you would like to speak, please tell us in the Chatbox
- Do contact us by email if you have further questions
- Please don't mention anyone by name
- Everyone OK?

Connect (formerly SPTC)

- Charity, membership organisation for parents' groups in Scottish schools for 70 years
- Parent groups in majority of schools and many pre-school settings in Scotland are members: hundreds of thousands of parents and carers engage with Connect
- We support parents/carers and parent groups with advice and information
- We gather parents' views to share with Government and others, to make sure parents' voices are heard
- We work with school communities, education staff, national and local partners

Online/Cyber Bullying

respectme

Lisa Armstrong

respectme, Scotland's Anti-Bullying Service

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connect +
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Learning Aims

- To recognise the nature and types of online bullying
- To understand the impacts of online bullying on children and young people
- To understand what parents/carers can do to keep children and young people safe online
- To gain awareness of the online practical tools/strategies/resources to address online bullying

What is Bullying?

In Scotland we have an agreed definition of what bullying is (see Respect for All)

- Bullying is both behaviour and how it makes someone feel (the impact)
- It happens face to face and online

Online Bullying- Things to Consider

- Plays out via social media apps, gaming platforms, texts, instant messaging
- Impacts are similar to face to face bullying
- Highly visible depending on personal privacy settings
- Can spread rapidly & escalate easily
- Can feel like 24/7- no escape
- “Disinhibitive effect”
- **All bullying behaviour regardless of where it is happening is never acceptable. It is not a “normal” part of growing up.**

What Does Online-Bullying Look Like?

- Sharing posts/photos to hurt, humiliate ,embarrass
- “Happy slapping”
- Being ignored, left out- excluded from group chats
- having rumours spread about you online
- Stealing someone’s identity- Setting up fake profiles
- Hacking into someone else’s account
- Name calling & abusive comments, hurtful remarks

Signs & Impacts of Online Bullying

- Changes in behaviour- interests, friends, time spent online
- Changes in emotions e.g. Withdrawn, Upset, angry, nervous, agitated
- Secrecy about online activity
- School refusal/attainment/ambitions
- Physical symptoms
- Mental health impacts- anxiety, depression, self harming, eating disorders, suicidal

Questions?

How Can We Help?

- Keep calm- you don't need to be an online expert.
- Be supportive- listen, explore options, agree a plan
- Take any necessary practical online and offline steps
- Ensure the child's safety (CEOP, Police Scotland)
- Check in with the child

Practical Strategies to Deal with Online Bullying

- **Save** don't delete the evidence
- Carefully consider any online responses e.g. request for content to be removed
- Learn about & use online safety tools for the platforms your child is using. Check child's understanding of these.
- Reporting, blocking, un-friending, hiding posts
- Adjust privacy and location settings, passcodes if required- **remember settings are public by default!**
- **Removing online access is rarely the answer!**
- Ask for help if unsure

Questions?

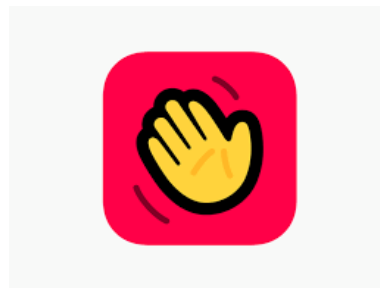
Preventing Online Bullying

- Parents/Carers have a vital role in guiding **online and offline** behaviour
- Show an interest in their online lives
- Discuss risks of various apps/games
- Talk about being “share aware” and “thinking before you type”- Impacts on others
- Talk about being positive, kind, respectful online
- Agree boundaries about what’s allowed online
- Be a good role model!
- Let them know you are there to help for anything that happens online or offline (trust/relationship)
- Keep the conversation going

Get to Know Where They Are Going



FORTNITE



Advice/Support

- [NSPCC Net Aware](#)
- [Internet Matters](#)
- [CEOP](#)
- [UK Safer Internet Centre](#)
- [Report Harmful Content](#)
- [Parentline](#)
- [Childline](#)
- [respectme](#)

respect me

Thank you

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**Connect supports family engagement in learning,
encouraging partnerships between parents,
educators and the wider community.**

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