**ONLINE BULLYING AND E-SAFETY**

**Online Bullying could include;**

* abusive, inappropriate or offensive messages sent through any messaging service
* rumours shared on social networking sites or sent through messaging services
* embarrassing pictures or videos posted or shared online
* fake profiles being set up on social media

**DEALING WITH ONLINE BULLYING**

Things to remember:

* Don’t keep it to yourself or try to deal with it on your own, tell a trusted adult
* Don't reply to any nasty messages you receive. Keep the messages that you've been sent as evidence
* Don't share, comment, or like any bullying posts. Sharing or commenting could make the bullying worse and you could be implicated in the offence
* Contact the police if you feel threatened or at risk

**E-SAFETY**

**Remember, the internet is a place you go to, where you need to keep yourself safe at all times**

Always think of your personal safety first when using ICT or your mobile phone. Remember it is easy for anyone to lie about who they are online, so you can never really be sure about who you are talking to. Do not give out any personal information about yourself online to people you do not know

* Never give your contact number to anyone you don’t know
* It’s a good idea to use a nickname rather than your real name
* Don’t meet people you have only spoken to online
* Never give out pictures online or over a mobile unless you know the person in real life. People may use and alter them inappropriately
* Always check private settings – more information on the link below
* Anything you post or upload to the internet is there forever, what you post is there permanently
* If you receive any messages or pictures that worry or upset you talk to an adult you trust

**Further information can be found in the following sites;**

<https://www.childline.org.uk/> - this site includes tips on Privacy Settings

<http://respectme.org.uk/>

<https://reach.scot/>

<https://www.internetmatters.org/>