



Bullying Scenarios for primary and secondary students

Pick a scenario or 2 and get your children to discuss them. Some of the scenario have things you can talk about together but other possible discussion points you could use are:

- ◆ How would it make them feel if it happened to them or someone they know?
- ◆ What advice would they give a friend if it happened to them?
- ◆ Why do people behave this way online?

Top Tips to share

Get them to draw or write down some top tips that would help them have fun online but keep them safe if someone was being mean or horrible to them. There are 5 top tips we like to share in schools which we think will give children a way to manage abusive people online

Don't Respond

Save a copy

Report

Block

Talk

Hand of safety

Get them to draw around their hand on a sheet of paper. On each digit (4 fingers and a thumb) get them to write a name of someone they could talk to if they felt sad online. Some people and places they could go include:

Parents and carers

Family such as Aunties, Uncles, Grandma and Granddad

Older siblings (if they are sensible enough to help)

A friend (to make them feel better)

A teacher or member of staff when they are at school

A professional who works for LCC, NHS, Fire and Rescue or the Police

Childline by calling 0800 1111



Guidance for children and young people experiencing abusive behaviour online

Don't Respond

This can be a really difficult thing to do, but we feel it's quite important. Some people online want to know that their behaviour has upset you. No matter what they say, try not to react.—it's what they want you to do. Sometimes people might try to bait us into saying things we don't mean so they can report us—sounds weird but it does happen!

Save a copy

Most of us know how to take a screenshot and this is a very handy feature if someone is being abusive. It doesn't matter if it's WhatsApp or Snapchat, saving a copy of what they say means you could show someone what is happening—their name, or number, as well as the date and time, will be there. It can be a bit more difficult in video games, but why not get the chat to run through your TV speakers and record a video of what they say. But make sure you show someone!

Report

Every single online service—from games to YouTube—have a report function so you can anonymously report other users if you feel they are breaking the rules. This includes being mean and horrible. The app will then look at what they have done and take some action. They may not tell you what they have done but every report is dealt with and can include the other user losing features such as chatting or even, in some cases, getting banned from the service for a time.

Block

Blocking does what it says on the tin—they can't talk to you, play games with you or see your profile. You can unblock people if you wanted to later but it can sometimes be a great way to stop the abuse, no matter who it is! If you don't know how to block people, try checking out the help or support section on the app or just do a quick Google search.

Talk

This is the most important one and probably the hardest thing to do. Talking to someone about what is happening online might make you feel better and there are loads of different people you could talk to. Parents, Carers, Teachers, Grandparents, even telling your friends means they can help you feel you are not alone. **You are never on your own.** We think talking to a trusted adult is by far the best thing to do but why not try a service like Kooth.com or give Childline a ring on 0800 1111?



When gaming online, some players are becoming extremely abusive, shouting threats and spoiling the game

How could we stop them?

The 5 Top Tips

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For more information on the 5 Top Tips, check out the Managing Abusive People factsheet. A version is available for parents/carers and for children and young people.

Things to discuss:

What if it's our friends who are being mean?

Ask them to chill out or play without using a headset (it's 'broken' today!)

You can mute individuals through the chat options on most gaming consoles, you can even turn off the text chat on Roblox

If we start getting stressed or angry playing games, what could we do?

Taking a break is not only good for you but playing games while you are calm means you might enjoy it more

Regular breaks every hour or so away from screens is a useful part of promoting good mental health

Play something different as competitive games and/or First Person Shooters can be quite intense

For more information on blocking/muting visit any of the following:

X-Box - <https://beta.support.xbox.com/help/friends-social-activity/friends-groups/block-or-mute-other-player>

PlayStation - <https://www.playstation.com/en-gb/get-help/help-library/my-account/access-and-details/how-to-use-your-playstation-4-to-block-or-unblock-a-playstation-/>

Roblox - <https://en.help.roblox.com/hc/en-us/articles/203314270-How-to-Block-Another-User>



Someone has set up a fake account of a friend, sending follow requests to their friends and using it to target abuse at everyone

Is there anything you could do?

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Things to discuss:

Can we stop them?

We can always block and report them to Instagram through the app

Let our friend know what is happening (especially if they don't use social media)

For more information on how to block on Instagram visit - <https://help.instagram.com/426700567389543>

Is it a real celebrity or a fake one?

Many apps such as Instagram, Facebook and Twitter have a way to show you if it's a real celebrity account by showing a blue tick next to their profile name. No tick means it's not them, no matter what they say!

Remember...

You can report a fake account on Instagram, whether you have an account or not. It's pretty straightforward to do and you can learn more about how to do it (with a link to the reporting form) by going here - <https://help.instagram.com/192435014247952>



You've posted a video on YouTube but a small number of users are leaving some really awful comments. Some family members and friends are shocked by how horrible they are.

What can we do to reduce the risk of this happening?

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Things to discuss:

How could we post a video on YouTube only family members can see?

YouTube comes with the option to post a video that is 'unlisted' - this means that you can't search for it, but anyone with the link can see it (it'll look something like youtube.com/123456/) YouTube will give you the option to share it through different apps or by email so we can send it to the people who really want to see it. You can even change a video you have already posted by going to the Visibility setting.

How can we stop horrible comments?

YouTube comes with lots of helpful options. Comments can be turned off (and YouTube no longer allows comments on videos featuring under 13's) and the thumb rating system (Upvote/downvote) can also be hidden or turned off.

Any person who is being mean or nasty can also be reported - this is anonymous and can be done by any other user who sees it, not just the person who the video belongs to

To learn more about video privacy visit—<https://support.google.com/youtube/answer/157177>



A couple of students in your year are using groups on WhatsApp to be disruptive - Spamming the group constantly, sending messages late at night and just being plain irritating.

What could be done?

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Things to discuss:

What could we do to manage WhatsApp groups

Turn off notifications

Put the phone/tablet on silent

Leave the group or at the very least mute it!

Charge it downstairs or turn on the 'Do Not Disturb' mode at night which will turn off ALL notifications until the morning

If our friend leaves the group is it OK to invite them back again?

Leaving a group is sometimes a way of saying "I don't want to be part of this anymore." Adding people back into the group against their wishes isn't something a good friend would do - we could call it bullying behaviour. It's also worth remembering that if someone we don't know joins a group or we add someone to a group of our friends that EVERYONE in the group will be able to see their phone number and contact them

For more help on using WhatsApp and WhatsApp groups visit - <https://faq.whatsapp.com/>