

Name

Class

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Safeguarding in Partnership

Interactive safeguarding sessions – Bullying

WORKBOOK



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Interactive safeguarding sessions - cyber safety

What does the word bullying mean?

Bullying is repeated behaviour, which is intended to hurt someone, either physically or emotionally. It is often aimed at people because of their race, religion, gender, sexual orientation, disability, or any aspect of their appearance.

What are the types of bullying?

- Physical assault
- Social bullying
- Threatening behaviour
- Name calling.

Bullying can happen anywhere.

- At school
- Travelling to and from school
- In sporting teams/clubs
- In families
- In workplaces
- Online

What is cyber bullying?

It is online bullying using technology to deliberately and repeatedly upset someone. It can be via social networking sites, gaming sites, chat rooms or anywhere online. Bullies can use being online to hide who they are and spread the bullying messages to lots of people. It can happen 24 hours a day, 7 days a week and go viral.

Ask a group, take a count how many of you have experienced or seen online bullying?

A national bullying survey said 56% of young people have seen people bullied and 42% have felt unsafe online.



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Are there different types of cyber bullying.

- Harassment – sending rude offensive comments/messages.
- Denigration – sending fake, damaging and untrue information or ridiculing a person, or spreading fake gossip.
- Flaming – using extreme and offensive language/fights, to cause a reaction and someone to be distressed.
- Impersonation – using someone else’s online identity or make up a false profile to post unkind or embarrassing material to or about someone.
- Outing or trickery – someone shares personal information to trick someone into revealing secrets and then forwarding it on to others.
- Cyber stalking – repeatedly sending messages including threats of harm, harassment, or any activities which make a person feel unsafe.
- Exclusion – where people leave someone out of a group message, online apps, gaming sites, or any online activity, to socially exclude them.



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Responding to Bullying

- Recognise bullying behaviour.
- Intervene if you can or report it when it is safe to do so.
- Be an upstander not a bystander.
- Treat everyone with respect.
- Use technology in positive ways and always report online abuse, capture digital evidence.
- Understand that we are all responsible for what we do and don't do, there can be legal consequences for bullying / cyber bullying.

Imagine you are Borja, what could you do at the time of the incidents, or afterwards to be an Upstander?

