

Be smart on the internet

 **Childnet**
International
www.childnet.com



S

SAFE

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.



M

MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.



A

ACCEPTING

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



R

RELIABLE

Information you find on the internet may not be true, or someone online may be lying about who they are.



T

TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

You can report online abuse to the police at www.thinkuknow.co.uk

**THINK
UK
KNOW**



www.kidsmart.org.uk

KidSMART



Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.



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Wandsworth Educational Psychology Service

BULLY BUSTER

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A guide to help
young people cope
with bullying



What is bullying?



Bullying can mean many different things. Some people have described bullying as;

- ▼ Being called names or teased
- ▼ Being pushed or pulled about, hit or attacked
- ▼ Being ignored or left out
- ▼ Having rumours spread about you
- ▼ Stealing or breaking someone's things



The common factor is that it is a way of being cruel to someone on purpose. It is persistent and it is meant to hurt.

Bullying behaviours could be:

- ▼ Racism - picking on someone because of their religion, colour or where they come from.
- ▼ Physical attacks
- ▼ Forcing someone to hand over money or possessions
- ▼ Taking the mickey and calling people names
- ▼ Discrimination for any reason e.g. physical disability, sexual preference, the way people look or sound.
- ▼ Frightening someone into something they don't want to do
- ▼ Sending messages by paper, text or e-mail.

Bullying often happens:

- ▼ in secret
- ▼ at school
- ▼ on the way to and from school
- ▼ out of school, e.g. down the park or at the shops

But it can take place almost anywhere.



Bullying always involves:

- ▼ A bully or person doing the bullying
- ▼ A person who is being bullied

Bullying sometimes involves;

- ▼ someone else who happens to be there
i.e. a bystander or onlooker



Really serious incidents of bullying are against the law e.g. assault with a weapon, theft or physical abuse.

What does it feel like to be bullied?



Bullying makes you feel scared and upset. Young people who have been bullied often said they felt lonely and useless. It can make you feel that you are no good, and that there is something wrong with you. Bullies often make you feel as though it is your fault.

"I was bullied when I was in year 7 by girls from my year.

They would not let me hang around with them and when I tried to talk to them they would walk away or whisper about me. They spread rumours about me and my family which were not true.

This made me feel very lonely and sad. It also made me not want to go to school and I started to stay at home.

I began to think that I was a freak and my family were not normal which wasn't true."



How to cope with bullying

▲ **Be assertive** ▲ **Get help**
Leave the situation as soon as possible



Body Language:

Do:

- ▲ Stand upright
- ▲ Look the other person in the eye
- ▲ Relax your arms and hands
- ▲ Walk away as soon as possible.
Walk confidently and without stopping

These things make you look confident and assertive.

Do not:

- ▼ Cross your arms
- ▼ Cover your mouth
- ▼ Fidget
- ▼ Put your hands on your hips or in your pockets
- ▼ Use aggressive facial expressions.
This makes you look like you want to fight.

- ▲ ***you don't have to sort it out yourself***
- ▲ ***get help -friends, parents, teachers***
- ▲ ***shout to attract attention***
- ▲ ***pretend you know someone near by***



What can you say and how can you say it?



- ▲ Be clear, direct, calm
- ▲ Be honest
- ▲ Say "No" - you have the right to say no

▲ **Repeat the statement until they give up (broken record)**



"you might think so"
"possibly"
"it might look that way to you"

▲ **Say a neutral statement (fogging)**

"That's your opinion, that's your opinion, that's your opinion, that's your opinion..."



▲ **Say nice things quietly to yourself to make you feel better.**



"I am a nice person"
"I have friends who like me"
"I am good at football"

Remain calm!

- ▲ Take slow deep breaths - in through your nose and out through your mouth
- ▲ Tense your muscles and then relax - eg - clench your hands tightly for 5 seconds and release - repeat for other parts of your body
- ▲ Think of somewhere/something nice where you feel safe - e.g. your bedroom, being with friends
- ▲ Think about a time when you were happy
- ▲ Count to 10 silently in your head

"1,2,3,4,5..."

"I am in my room at home - it is quiet and the sun is shining. I am playing a game on my PS2 with my friend"



Mobile phone and text message bullying

If you or someone you know is receiving calls or text messages that are upsetting them your mobile phone network should have a number that you can call to bar or report it!

BT Cellnet - 01753 565000

Orange - 0800 801080

Nokia - 0870 0555777



email and internet bullying:

- ▲ Reply to the email telling the sender you will be blocking their messages
- ▲ Then block the senders address
- ▲ You can contact your service provider but this may cost money.



What can you do if you know or see someone being bullied?



Have you ever:

- ▼ stood and watched someone being bullied?
- ▼ joined in with name calling?
- ▼ joined in with a group and not talked to someone?
- ▼ Been in a situation where you didn't like what was happening to someone but felt helpless and unable to stop it?

If YES -

you have been a witness to bullying.

**DON'T IGNORE IT
YOU CAN HELP!**

things you can do to help

Don't rush over and try to take the bully on - it may not be safe.



you should

- ▲ Let a teacher or adult know what is happening
- ▲ Try to be a friend to the person who is being bullied
- ▲ Refuse to join in
- ▲ Don't ignore things because you are worried about being bullied yourself
- ▲ Encourage them to ask for help or support
- ▲ Support them by just being there
- ▲ Use some of the strategies suggested later to cope with being bullied.



It isn't big to make others feel small.

where else can you get help or advice?

Web sites:

www.kidscape.org.uk CCC

www.nspcc.co.uk CC

www.pupiline.net CCCC

www.dfes.gov.uk/bullying/ CC

www.bullying.co.uk CC

www.met.police.uk/youth/bullyingCCC

www.successunlimited.co.uk CCC

www.bbc.co.uk/education/bully/ CC

www.young-voice.org/ CC



Telephone Numbers:

Kidscape - 020 7730 3300

Childline - 0800 1111

National Youth Advocacy Service - 0151 342 7852

Red Balloon Learner Centre - 01223 357714

NSPCC - 0808 800 5000

Children's Legal Centre - 01206 873820

The Samaritans - 08457 909090



other contacts

Addresses:

Kidscape

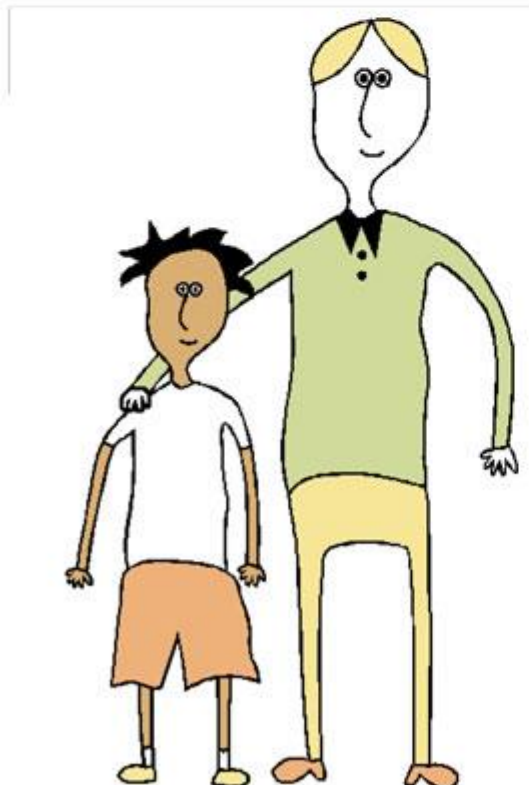
2 Grosvenor gardens
London, SW1W 0DH

Childline

Freepost 1111
London, N1 0BR

NSPCC

42 Curtain Road
London EC2A 3NH



Don't forget these people can help

Parents
Friends
Family members
Teachers
Police
Adults in school

