

# Online Bullying Webinar

respectme

respectme, Scotland's Anti-Bullying Service

# Learning Aims

- To recognise what bullying is and how bullying plays out online
- To understand the impacts of online bullying on children and young people
- To understand what adults can do to help young people keep safe in their online relationships
- To understand the practical tools, strategies and 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)
- The Scottish Approach-Intent, persistence & labelling
- It happens face to face and online

# Online Bullying- Things to Consider

- Plays out via social media, gaming platforms, texts, instant messaging
- Impacts of online bullying & face to face bullying are similar
- Highly visible depending on personal privacy settings
- Can spread rapidly & escalate easily
- Can feel like it's 24/7 and no escape
- “Disinhibition effect”- behaving in ways wouldn't if face to face
- **Online bullying, like all bullying behaviour is never acceptable. It is not a normal part of growing up.**

**What does online bullying  
behaviour look like?**

# 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

**What are the signs that  
online bullying is  
happening?**

# 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- Changes in emotions e.g. Withdrawn, Upset, angry, nervous, agitated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/aspirations
- Physical symptoms- headaches, stomach aches, sleep disorders
- Mental health impacts- anxiety, depression, self harming, eating disorders, suicidal



**How can I help my child if  
they are being bullied  
online?**

# Response Checklist

- ✓ What's been happening/has happened?) (Behaviour)
- ✓ How has it made you feel?) (Impact)
- ✓ What do you want to happen?
- ✓ What would you like me to do to help you? /What do I need to do about it?
- ✓ What attitudes, prejudices or other factors have influenced the behaviour?

# How Else 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 (Child Exploitation & Online Protection (CEOP), Police Scotland)
- Check in with the child

# Practical Strategies to Deal with Online Bullying

- **Saving** 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

# How can I help prevent online bullying?

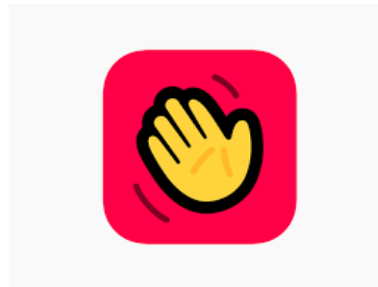
# The Internet is a Place, Not a Thing



# Get to Know Where They Are Going



**FORTNITE**



# 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 “think before you send”- Impacts on others
- Talk about being positive, kind, respectful online
- Agree boundaries about what’s allowed online
- Let them know you are there to help for anything that happens online or offline (trust/relationship)
- Keep the conversation going
- Be a good role model!



**Where can I go to get more help?**

# Advice/Support

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

# Questions



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**Thank you 😊 For a copy of the slides please  
email :  
training@respectme.org.uk**