

# SAFEGUARDING AT CARDINAL NEWMAN SCHOOL

## CYBER BULLYING: HOW TO HELP CHILDREN STAY SAFE ONLINE



1. Save, take screen shots and print out any bullying messages, posts, pictures or videos you receive. Make a note of the dates and times, along with any details you have about the sender's ID and the URL.
2. Always report anything abusive you see online to the site concerned. Flag it, report it or talk to someone about it.
3. Never respond or retaliate, as this can just make things worse. Instead, block any users that send you nasty messages. A useful link on how to report can be found here: [Get help for parents & carers | Childnet](http://www.childnet.com/parents-and-carers/get-help/) ( [www.childnet.com/parents-and-carers/get-help/](http://www.childnet.com/parents-and-carers/get-help/) )
4. Think very carefully before posting photos of yourself online. Remember that once your picture is online, anyone can download it and share it or even change it.
5. And lastly, don't pass on cyber bullying videos or messages about other people. Don't just ignore it. If you see cyberbullying going on report it and offer your support.

Some useful websites:

[CEOP Education \(thinkuknow.co.uk\)](http://www.thinkuknow.co.uk) ([www.thinkuknow.co.uk](http://www.thinkuknow.co.uk))

[Safeguarding Children - Get Safe Online](#)

### PARENTAL / CARER CONTROLS FOR MOBILE PHONES.

Many mobile phones now let you go onto the internet at the touch of a button. This guide will show you how to find information to help keep children safe online when using a mobile phone.

## Mobile phones

1. All mobile phone providers offer free parental control services which limit the content children can access the via mobile network to items suitable for under 18s. However, they may not always be automatically switched on. Check with your service provider that the parental control settings are switched on, and ask for them to be switched on if they are not. This is particularly important if the phone was used by an adult before.
2. Many mobiles can use Bluetooth to send messages, photos and videos between phones. However, this means that other people are able to send unwanted message which parental controls can't stop. But, you can turn Bluetooth on and off using the mobile handset or you can stop other people being able to access you phone without your permission. Instructions on how to do this should be contained in the handset manual. If you need help, as, your service provider, it is important that you discuss using Bluetooth with your child.
3. Chatrooms are popular with children and younger people and while mobile providers' own chatrooms aimed at children may be moderated, others might not be. Discuss with your child which sites they are visiting, what's OK to post and what behaviour is acceptable. Visit the [Chatdanger - how to keep SAFE while chatting online](#) website for more information and advice on this.
4. If your child has a profile on social networking site they may access it on their mobile phone. Ensure they know why it is important to allow their personal information only to be shared with people they know in the real world. Most of the larger social networking sites specify a minimum age of 13 for all members. For those sites that are aimed at younger children, parental consent and confirmation of the child's age will usually be required. Check the minimum age requirement for users – ask your child which sites they visit to make sure they're visiting sites appropriate for their age.