

STAYING SAFE

ADVICE FOR STUDENTS AND PARENTS

Staying safe on the way to and from school and in the community

Do not walk alone in the community at night, especially if it is dark.

Always inform your parents/friends where you are going and what time you will be home.

Do not wear headphones as they can restrict your ability to hear any potential dangers.

Try to have a charged mobile phone with you in case of emergencies.

Be vigilant and try to spot any potential dangers before they happen.

Stay well clear of any suspicious characters and never accept lifts from strangers.

Consider purchasing a 'panic alarm' which you can keep in your pocket and activate if you ever feel threatened.

Tell your parents/carers of any suspicious/threatening incidents you see, or are involved in whilst in the community.

Advice for students on how to stay safe when using the internet and social networking

- Make sure you use the privacy settings.
- Always respect others – be careful what you say online.
- Be careful what pictures or videos you upload. Once a picture is shared online it cannot be taken back.
- Only add people you know and trust to friends/followers lists online. When talking to strangers, keep your personal information safe and location hidden.
- Treat your password like your toothbrush – keep it to yourself and change it regularly.

- Block the bully – learn how to block or report someone who is behaving badly.
- Do not retaliate or reply to offending e-mails, text messages or online conversations.
- Save the evidence. Always keep a copy of offending e-mails, text messages or a screen grab of online conversations and pass to a parent, a carer or a teacher.
- Make sure you tell an adult you trust, for example, a parent, a carer, a teacher, or the anti-bullying co-ordinator or call a helpline like Childline on 08001111 in confidence.
- Most social media services and other sites have a button you can click on to report bullying. Doing this can prevent a bully from targeting you and others in the future. Many services take bullying seriously and will either warn the individual or eliminate his or her account.
- While you are on your mobile phone make sure you also pay attention to your surroundings.

Advice for parents and carers on cyberbullying

Set boundaries

A good way to supervise children's internet access and set boundaries about what they can and cannot do online is to create an agreement with them. If a child breaks the rules, restrict internet access for an agreed period of time.

Ensure you use the privacy settings, parental controls and built in internet safety features provided by the major internet service providers.

For parents and carers experiencing any internet safety issues with their children, The Parent Zone provides a national helpline service at - help@theparentzone.co.uk and The Parent Zone - help

Being involved and talking to children

Social Networks have a minimum age restriction, usually age thirteen. Parents should talk to their children about the reasons behind the age restriction as they are there for a reason.

Ensure children and young people feel comfortable about telling their parents things that have happened online. Talking to their children will help parents to understand the ways in which they are using the internet, social media and their mobile phone. Talking to children about responsible behaviour is important as sometimes children who are victims of cyberbullying may also be involved in cyberbullying others. Ensure they know they can go and talk to an adult or parent if they are being bullied and need support. How parents talk to their children will depend on their age. Childnet gives more detailed information about talking to your child and antibullyingpro provides practical advice for parents

Possible signs of cyberbullying

It is not always easy to spot the signs of cyberbullying as it can happen all the time, which is a feature that makes it different from other forms of bullying. Be alert to a change in your child's behaviour, for example:

- Being upset after using the internet or their mobile phone;
- Unwilling to talk or secretive about their online activities and mobile phone use.
- Spending much more or much less time texting, gaming or using social media.
- Many new phone numbers, texts or e-mail addresses show up on their mobile phone, laptop or tablet.
- After texting or being online they may seem withdrawn, upset or outraged.
- Not wanting to go to school and/or avoiding meeting friends and school mates.
- Avoiding formerly enjoyable social situations.
- Difficulty sleeping.
- Low self-esteem.

Useful Resources

Getting offensive content taken down

If online content is upsetting and inappropriate, and the person or people responsible are known, you need to ensure they understand why the material is unacceptable or offensive and request they remove it.

If the person responsible has not been identified, or refuses to take down the material you should contact the social networking site directly to make a report and request the content is taken down. The material posted may be in breach of the service provider's terms and conditions of use and can therefore be removed.

Some service providers will not accept complaints lodged by a third party. In cases of mobile phone abuse, where the person being bullied is receiving malicious calls and messages, the account holder will need to contact the provider directly.

Before you contact a web service provider, it is important to be clear about where the content is, for example by taking a screen shot of the material that includes the web address. If you are requesting they take down material that is not illegal, be clear to point out how it breaks the site's terms and conditions. Where the material is suspected of being illegal you should contact the police directly.

Contact details for social networking sites

The UK Safer Internet Centre works with social networking sites to disseminate their safety and reporting tools.

Social networking site

Ask.fm

Useful links

Read Ask.fm's 'terms of service'

Read Ask.fm's safety tips

Reporting on Ask.fm:

You do not need to be logged into the site (i.e. a user) to report.

When you move your mouse over any post on someone else's profile, you will see an option to like the post and also a drop down arrow which allows you to report the post.

Read BBM rules and safety

BBM

Facebook

Read Facebook's rules

Report to Facebook

Facebook Safety Centre

Instagram

Read Instagram's rules

Report to Instagram

Instagram Safety Centre

Kik Messenger

Read Kik's rules

Report to Kik

Kik Help Centre

Snapchat

Read Snapchat rules

Report to Snapchat

Read Snapchat's safety tips for parents

Twitter

Read Twitter's rules

Report to Twitter

Vine

Read Vine's rules

Contacting Vine and reporting

YouTube

Read YouTube's rules

Report to YouTube YouTube Safety Centre