

E-safety – Learner Handout

Online bullying

These days, it's impossible to separate online life from the rest of what we do. Texts, online chat, email, photos, videos or posts on social networks are all used by bullies. Bullying can affect anyone of any age or background but there are things that you can do to help the situation if you find that you or a loved one are affected by it.

Top five tips

1. Ignore it	Bullies are looking for a reaction. Don't give them the satisfaction of retaliating. Remember, if you lash out, you may be the one accused of cyber bullying.
2. Block it	If you are using a social network, 'unfriend' or block the account the abuse is coming from. Keep a close eye on your privacy settings to make sure you're not sharing with people you don't want to.
3. Offload it	There is always somewhere to turn. The sooner you can speak to somebody you trust, the better. If you feel that you have no-one to turn to there are several organisations that you can contact - see the 'Support and advice' box for details.
4. Record it	Keep emails or text messages and take screen grabs of the offending messages. This will help if you decide to report the cyber bullying.
5. Report it	Most social networks have a way of reporting offensive posts.

What is 'sexting'?

- ✚ This new form of courtship brings a new set of temptations. According to a NSPCC/ChildLine poll, 6 out of 10 teenagers say they have been asked for sexual images or videos. The sending or receiving of sexually explicit images, videos or texts is known as 'sexting'.
- ✚ Many young girls feel pressurised into sending explicit images of themselves without understanding the consequences. Some young women may feel pressure to have sex, so for some of them they think sending this type of photo puts the breaks on a physical relationship.
- ✚ Once an explicit image has been sent it is no longer in their control. The image may end up on what is known as a 'parasite website'. Such sites hold explicit images and videos from all over the internet - usually without the original sender's knowledge.
- ✚ Once an explicit image is online it could tarnish a young person's reputation for years to come and potential employers could view the images, long after the individual has left school.
- ✚ Under British law it is legal to have sex aged 16, but it is illegal and a serious criminal offence to take, hold or share "indecent" photos of anyone aged under 18.

Protect yourself from online abuse

- ✚ There are things that you can do to make you less vulnerable to bullying
- ✚ Never give out any personal information such as passwords to anyone, even a close friend, boyfriend or girlfriend.
- ✚ Don't give in to pressure from others to spread rumours. No one likes to be the subject of malicious gossip, so don't fuel the flames.
- ✚ Finally, be aware that others may not see the 'funny side' of what you share online - especially if it's about them. Even if you take a comment, picture or video down later it might already have been shared with others.

- ✚ Mobile apps and social networks are great ways to keep in touch with friends and family. By being thoughtful about what we share and showing respect for others we can all enjoy the benefits of being connected.

Radicalisation

- ✚ Radicalisation is defined as the process by which people come to support terrorism and violent extremism and, in some cases, to then participate in terrorist groups.
- ✚ There is no obvious profile of a person likely to become involved in extremism or a single indicator of when a person might move to adopt violence in support of extremist ideas. The process of radicalisation is different for every individual and can take place over an extended period or within a very short time frame.
- ✚ Children and young people can be drawn into violence or they can be exposed to the messages of extremist groups by many means. These can include through the influence of family members or friends and/or direct contact with extremist groups and organisations or, increasingly, through the internet. This can put a young person at risk of being drawn into criminal activity and has the potential to cause **Significant Harm**.

Potential indicators include:

- Use of inappropriate language
 - Possession of violent extremist literature
 - Behavioural changes
 - The expression of extremist views
 - Advocating violent actions and means
 - Association with known extremists
 - Seeking to recruit others to an extremist ideology
- ✚ If you have any concerns you can speak to any member of staff who will listen without judgement and help guide and support you fully. Tutors undertake safeguarding training and have been trained on how to deal with this and other on line issues.

Information and support

Below you will find the details of organisations offering information and support around issues raised above.

<p>The Cybersmile Foundation www.cybersmile.org</p>	<p>Offers support, advice and guidance to people of all ages who have been affected by cyber bullying and online hate campaigns. Their services are used by schools, parents and young people all over the world and the helpline is open 24 hours. Call 0845 688 7277</p>
<p>TheSite www.thesite.org</p>	<p>Is a digital lifeline for 16 to 25 year-olds. They provide non-judgmental support and information on everything from sex and exam stress to debt and drugs. TheSite's straight-talking emotional support is available 24 hours a day. On TheSite you can chat about any issue on their moderated discussion boards and in their live chat room, browse over 2000 articles and videos full of facts you can trust, read about the experiences of other young people in their True Life section, or ask one of their trained advisors any question, whether that's about friends, dating, love or family life.</p>
<p>BBC Webwise www.bbc.co.uk/webwise</p>	<p>Information and advice about online safety from BBC Webwise.</p>
<p>Get Connected www.getconnected.org.uk</p>	<p>Is a free, confidential helpline for young people under 25 who need help but don't know where to find it. You can contact them by phone, email, text and web chat and they will help you with any problem you may have. Helpline 0808 808 4994</p>
<p>BullyingUK www.bullying.co.uk</p>	<p>Is a leading anti-bullying charity in the UK. The charity provides practical information and advice to young people and their parents through its website and via email. Their support includes work with schools, youth organisations, police forces and health trusts, running workshops and speaking at conferences. Phone: 0808 800 2222</p>
<p>ChildLine www.childline.org.uk</p>	<p>Is the UK's free, 24-hour confidential helpline for children and young people who need to talk. Trained counsellors are there to provide comfort, support and advice about any problem that's on your mind. Contact them 24 hours a day, every day, by phone or via their website. Helpline: 0800 1111 (calls are free from all existing networks - landline and mobile)</p>
<p>Get Safe Online www.getsafeonline.org</p>	<p>Is a leading source of unbiased, factual and easy-to-understand information on online safety. The site includes advice for parents, guardians and teachers about safeguarding children online.</p>