The Facts

- The number of people who engage in this silly and hurtful activity is very small.

- **There are far more good messages than bad. Don't let this spoil the internet for you**.

- People who send nasty messages need help to understand that what they are doing is not acceptable!

- **By reporting this and asking for help you are not only proving you are a responsible internet used, you are making the web safer for all of us**.

- There are simple steps you can take to stop this happening, and for dealing with it should it ever happen again.

- **You, not the cyber-bully is in control here**.

- Every adult in your home and your school will help you to resolve this.

- **You don't like it, we don't like it and together, we can stop it.**

- Remember, talking about it is the first step to making it stop.

- **Together, we can make everyone in East Sussex E-Safe**.

- Ask your parents to install Internet **Explorer 8 with Zip it, Block it, Flag it** buttons. Then **YOU** are in charge.

Further information

You may find these sites useful.

The UK Council for Child Internet Safety. (UKCCIS)

http://www.dcsf.gov.uk/ukccis/

Microsoft Windows Parental Controls

http://windows.microsoft.com/en-GB/windows-vista/Kids-online-A-parents-guide-to-monitoring-computer-use

The Child Exploitation and Online Protection website (CEOP)

http://www.ceop.gov.uk/

The Byron Report (An investigation into online safety for children and young people by Dr Tanya Byron)

http://www.education.gov.uk/a0076277/the-byron-reviews

Parents Protect (An online source of advice for parents and carers.)

http://www.parentsprotect.co.uk/internet_safety.htm

You've been receiving nasty messages?

What to do and when to do it. (For children and young people)

The first thing to say is WELL DONE!
If you are reading this, then two things have happened. One is that you have been receiving messages that you find upsetting or hurtful, but the second thing is that you have decided to do something about it. **That makes you powerful.** Now you must **TELL someone.**

I just want to delete all the horrid emails and messages I have had!
Yes, that is quite understandable, but strangely it is not always the best thing to do. You should make a folder and keep any nasty messages or emails in it. It will help whoever investigates this for you to track down who is doing it, and of course, your folder becomes evidence.

But they said they will send me a virus!
As long as your computer has a good anti-virus, firewall, and anti spyware/malware package running on it, you are protected. They are only trying to frighten you.

Talk, Talk , Talk-
Tell an adult you trust what has been happening to you. Don't worry at all if there are rude words in the messages you have received, it is NOT your fault and you are not responsible for what someone else types.

But grown ups might over-react.
Ok, you need to understand what this looks like to a grown up. No matter if you tell a parent or a member of a school staff, that person will care that you are being hurt and

it might show in their expressions. We ask grown ups in school to listen carefully to what you want to tell them. **They cannot promise you that they will not share what you say with someone else,** but they can and should tell you what they think ought to be done next. **Don't forget, they only want to keep you safe.**

So what will happen if I tell a teacher?
Not just a teacher, any adult in school will find somewhere where you can talk, and will then want you to tell them exactly what has been happening. They may ask a few simple questions like "How long has this been going on for?" but they will understand that you may not feel able to tell them exact details of messages or emails. They may ask "Would you mind letting me see some of these messages?" **No matter what is in them, no matter if they contain rude words, remember that YOU did not write them.** Then, the adult in school will tell you what they think ought to happen next. This may involve telling the headteacher, or they may ask if your parents or carers know this has been happening. They will want every adult who cares about you to help to sort this out.

What if I replied to some of the messages and I used bad words myself?
People will understand that you were upset and angry perhaps, but you should learn from this yourself. If you use bad language in an email or a message, you are not helping to set a good standard for others. The best thing is not to reply at all, or say

something like. "I do not like being spoken to like this and I will not reply if you do it again." Cyber bullies, (people who like to upset others on the internet) rely on the other person responding in some way. If you leave them in a chatroom, or block their emails then they will soon leave you alone.

So what will happen?
Every effort will be made to identify the person sending you these messages. You will also be given advice, (as will your parents and carers) about how to block incoming emails from specific senders. Once the person sending the messages is identified, they will be spoken to by their school. (It does not matter if they go to another school; all schools want to stop this) They will be told that it is totally unacceptable and that it must stop immediately. They may also be told that their online activities will be monitored. In cases where the abuse is severe, other agencies may be involved such as the anti-bullying team, or the Police. **Remember, the goal here is to keep YOU safe** and also to educate the person sending the messages.

If the other person is much older than me, can they be arrested? That depends on the content of the messages. Whatever you do **do NOT** tell a cyber bully that you are going to get them arrested. That is a threat. You should report it, certainly, and stop talking to them or emailing them back. Leave the chatroom, or do not reply to emails.