



Queen Mary's College



Cyberbullying and Online Safety Guidance



What is cyberbullying?

Cyberbullying is when one person or a group of people try to threaten, tease or embarrass someone else by using a mobile phone or the internet. Cyberbullying is just as harmful as bullying in the real world.

What forms can cyberbullying take?

- Email
- Instant Messenger (MSN, Yahoo, Google Chat) or chat rooms
- Social networking sites (Facebook, MySpace, Bebo)
- Text or photos messages
- Interactive gaming
- Sending viruses
- Abusing personal information
- Inciting or bullying individuals into potential radicalisation

Advice on protecting yourself online:

- Never give out personal details, passwords or login details to anyone, especially other members of social web sites and online chat rooms.
- You should treat your email address exactly the same as your home telephone or mobile number. Think carefully before you pass it on to anyone or decide to make it public on a website or a blog.
- Never use your real name as a username in a chatroom, on your instant messenger account or as part of your email address.
- Don't use a photo of yourself as a picture on a discussion forum.
- If you find yourself being victimised on a message board, contact the moderator. They will be able to delete or block the account of the person who is bullying you.
- It can be a good idea to only add the people you know in the real world to your instant messenger and social networking sites.
- It is easy to block or remove anyone from your instant messenger or social networking site if things get nasty. You don't have to accept all friend requests, you can choose to "ignore" the people you do not want to be friends with.
- Remember that most social networks let you control who can see different parts of your profile. Look for links such as "privacy settings" or "safety tips".
- For example, you may only want to allow your family and closest friends to see your photo albums.
- You may discover "fake profiles" on social network sites pretending to be yourself or somebody else. Report this to the social networking site

customer services via links like “report this profile” and ask them to delete it.

- If anything that you see or read on the internet makes you feel uncomfortable, tell a parent or someone else you trust.

If someone is bullying you on your own social profile page, you should:

- keep and save any bullying emails or images you have been sent
- take a screenshot of any comments that are threatening, but then delete them so you don't have to read them again
- make a note of the time and date that messages or images were sent, along with any details you have about the sender
- try changing your online user ID or nickname
- not reply to any bullying messages or get into any online arguments

Use your common sense and think before you publish anything on your profile.

How can you get bullied on a mobile phone?

There are many ways that you can get bullied through your mobile phone:

- Scary phone calls
- Abusive text messages
- Offensive picture messages
- Embarrassing or violent videos

How to stop mobile phone bullying:

- Talk to a parent, teacher, relative or friend who you trust. They will be able to help you stop the bullying.
- The College has a legal duty to refer any cases of bullying where there is a potential link to extremist threats or radicalisation to the appropriate authorities
- Report the bullying to your mobile phone company
- If you get a bullying text, save it in your inbox. Don't delete the message from your inbox
- Get another SIM card or change your mobile number
- Once you have a new phone number, only give it out to members of your family and close friends
- Making offensive calls is a criminal offence. If you are being bullied over your mobile phone, don't be afraid to report it to the police.

Useful Contacts

Queen Mary's College – Someone to talk to

Email: someonetotalkto@gmc.ac.uk

College Personal Advisor Barbara Dossett

Located in the Library, appointments available Monday–Friday afternoons, booking via MST office (behind the Helpdesk) or by drop-in.

Tel: 01256 417500

ChildLine

Free and confidential helpline for children & young adults in the UK

Tel: 0800 1111

Web: www.childline.org.uk

Text: TALK to 50101.