



Cyber Bullying Policy 2020

You know what bullying is but some things about cyber bullying are different. Cyber bullying is where the bully uses ICT, which is mainly mobile 'phones and the internet to deliberately cause upset and harassment. It can happen anytime and to anyone and is an invasion of personal space and privacy and there are laws to prevent this happening but where it does, it can become very serious. The Cyber Bully may succeed in remaining anonymous, which can cause severe distress and upset. Cyber Bullying will not be tolerated at Park High School.

Cyber Bullying can sometimes be unintentional for instance, where someone does not think of the consequence, e.g. sending something as a joke but possibly causing deep upset or offence to the recipient.

Never unintentionally become a Cyber Bully! Always:

- **Respect others** - be careful what you say online and what images you send.
- **Think before you send** - whatever you send can be made public very quickly and could stay online forever.
- **Treat your password like your toothbrush** - keep it to yourself. Only give your mobile number or personal website address to trusted friends.
- **Block the bully** - learn how to block or report someone who is behaving badly.
- **Do not ever retaliate or reply!**
- **Save the evidence** - learn how to keep records of offending messages, pictures or online conversations.
- **Make sure you tell:** an adult you trust, or call a helpline like ChildLine on 0800 1111 in confidence; the provider of the service; check the service.
- If you see Cyber Bullying happening, **support the victim and report the bullying.**

Staff at Park High are always here to help by:

- Supporting the person being cyber bullied
- Investigating incidents
- Working with the Cyber Bully and implementing sanctions.

Remember, Cyber Bullying is a serious matter that could get you into serious trouble and may well result in disciplinary action being taken against you. Report bullying by clicking on the link below:

REPORT
Bullying