 For many young people, social networking is all about kudos, how many friends, comments and likes they can obtain.  When they begin to experience threatening, harassing and embarrassing posts their world can come crashing down. Children who are bullied are more likely to experience psychological issues that can lead to depression, anxiety and thoughts of self-harm and suicide. There is no doubt that the experience of cyberbullying and the presence of social media has influenced some children to take their own lives.

Online Bullying

Live and Learn Sports

Safeguarding Children

Partnership 2020

2. Why it matters

*The UK Government defines bullying involving children as: “*unwanted, aggressive behaviour among school aged children that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time. Children who are bullied or who bully others may have serious, lasting problems”*. Ofsted defines bullying as:*“behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally”.

1. Background

A drawing of a cartoon character

Description automatically generated

Some useful websites include:

[http://www.antibullyingpro.com](http://www.antibullyingpro.com/) - a site run by The Diana Award’s Anti-Bullying Campaign which provides a number of different projects aimed at reducing bullying in schools. One of their main projects is the Anti-Bullying Ambassadors programme which has trained over 24,000 young people across the UK to lead on anti-bullying campaigns in their schools.

[http://www.bullying.co.uk](http://www.bullying.co.uk/)-part of the Family Lives website, a charity that works to transform the lives of families and support parents.

[https://www.kidscape.org.uk](https://www.kidscape.org.uk/) charity whose vision is that all children grow up in a world free of bullying and harm.

[https://www.anti-bullyingalliance.org.uk](https://www.anti-bullyingalliance.org.uk/) The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying.

7. Where to find more information?

Examples of cyber bullying include:

* abuse
* gossip and the spreading of spiteful and malicious rumours
* threats
* hacking and making public personal details of the victim
* trolling
* baiting
* chat room bashing – often young people who are known to each other, turning or ganging up on one their number in an online chatroom

3. Information

RSCB

Rotherham Safeguarding Children Board –

7-minute Briefing

Some signs that a young person is being bullied include:

* low self-esteem
* loss of friends, withdrawing from social situations
* refusal to talk about what is wrong
* changes in eating habits, eating disorders
* change in attitude or behaviour
* problems sleeping; frequent nightmares, bed wetting
* frequent headaches, stomach aches, feeling sick or feigning sickness
* behaviour problems at school, a decline in schoolwork and not wanting to go to school
* self-destructive behaviour, self-harm, suicidal behaviour

6. Signs of someone been Cyber Bullied

**What is Trolling?**

A troll is the common term for someone who posts nasty, angry, controversial, inflammatory or derogatory comments and messages online. This is normally carried out in a forum, chat room, or by blogging and sending emails. The web has opened up a safe haven for Troll’s. Anyone can hide behind their devices, false names, avatars and user names, spitting out their vitriol whilst knowing they are pretty safe from being identified and discovered.

5. Information

**What is Baiting?**

This is a form of cyberbullying where the victim is accused of sexual promiscuity via various media platforms. Baiting has even involved young people being approached in shopping centres who are interviewed on video by the perpetrator, who asks them to identify and describe people they know, who they believe are sexually promiscuous. These videos are then posted online, in some cases to a wide audience using YouTube.

4. Information