



E-SAFETY

What's new online?

Instant Messenger (IM); Chat Rooms; Social Networking; Mobiles; Gaming; Sharing Files; Uploading Files Online are all examples of online activities that are now accessible and the scope of which are continually evolving.

What can go wrong?

Putting stuff online that you wish you hadn't.....

Sometimes people post things online that they later wish they hadn't and want to get them removed. Most sites will have a 'delete post' option but it is important to remember that, once you have put something up, anyone can save it and re-post.

Talking to strangers.....

Unfortunately, there are some people who misuse the internet. You may come across online users being inappropriate; saying sexual things or asking you to do things that you feel are wrong. There are also some adults who will use online tools to try to get in touch with young people and children with harmful intent.

Feeling pressurised to do things you don't want to do.....

People who are looking to abuse young people online will often manipulate relationships so as to pressure you into doing things you feel uncomfortable with, for example asking you to do things on webcam that feel wrong or uncomfortable or making you feel anxious or trapped in a romantic or sexual relationship. They can be very clever and make you feel as though you have to do something because you owe them, or because otherwise they will get you in trouble.

Seeing things you wish you hadn't.....

The web is open for anyone to post absolutely anything on it and this means that sometimes you may come across online material that you find distressing.

Cyberbullying

This is when someone uses online technology to deliberately hurt, humiliate, harass, intimidate or threaten someone else. Cyberbullying includes things like: sending nasty or threatening texts or emails; posting abusive messages online; posting humiliating videos or pictures online, or sending them on to other people; taking on someone else's identity online in order to upset them; bad mouthing and spreading rumours; setting up a hate site; prank calling, prank texts and messages.

It can be hard to escape cyberbullying due to the 24/7 nature of the internet. Some cyberbullying might be meant as laugh, a bit of a joke, not thinking about the consequences but it is still extremely hurtful and distressing for the recipient.

Although bullying is not a specific criminal offence in UK law, criminal and civil laws can apply in terms of harassment or threatening behaviour and, particularly relevant for cyberbullying, threatening and menacing communications.

How to stay safe online

Be careful what information you give out on your profile. Remember that you don't know who your friend's friends are and you don't know what they'll do with your picture or your phone number if you give it out by mistake. Be aware that information on your profile could potentially be viewed by anyone. So, if you wouldn't be comfortable printing it off and handing it out on the street, maybe it shouldn't be on your profile.

Use a nickname or your initials instead of your name – you don't want just anyone knowing who you are. Consider changing your photo to a graphic, that way strangers won't have access to a picture of you.

Only upload pictures that you'd be happy for anyone to see, as you don't know who could be looking at it or what they might be doing with it.

It is a good idea not to post pictures of you or your friends wearing school uniform – if people see the school logo, they can work out where you are. The more anonymous you are, the less vulnerable you are to people with unscrupulous intentions.

Tick the “no pic forwarding” option on your settings page – this will stop people forwarding your pictures to anyone without your consent



Use your Privacy Settings so only approved friends can instant message you. New people can still send you friend requests and message you; they just won't be able to pester you via IM. This means that people you don't want to see your profile can't!



E-Safety @ King's Ely

King's Ely seeks to embrace all the benefits that technology and the internet provides for the education of its students and encourages the use of any such appropriate aids in study. However, King's has a duty of care to ensure that students are able to use ICT, including the internet and related communication technologies, appropriately and safely. The school's policy is available on the school's website and sets out guidelines for use and sanctions for misuse. The ICT & E-Safety policy also refers to the serious issue of cyber-bullying, as does the school's Anti-Bullying – Social Respect Policy. We also recommend that students familiarise themselves with the content of the **ThinkUKnow website** - a fully comprehensive and up-to-date resource for young people, parents and teachers that forms the basis of this guide and is provided by CEOP (The Child Exploitation and Online Protection Centre).



Who can I tell if I'm worried?

Don't be afraid to speak out.....


Talk to someone you trust – a parent, Tutor, HsM, another teacher or perhaps an older student.

If you prefer, you can talk to Childline. A confidential helpline run by the NSPCC. You can call them on 0800 1111 or go online at **www.childline.org.uk**

You can also speak to the Samaritans. The Samaritans provides confidential emotional support for people who are in emotional distress. If you are worried, feel upset or confused and just want to talk you can email the Samaritans. Email **jo@samaritans.org**

If you're being bullied or are maybe troubled by something and you're not sure what to do or who to talk to, then **BeatBullying** is where you can go for help. *www.beatbullying.org* is all about young people helping and supporting each other online

Reporting online content

Issue	Organisation	Links
<i>Cyberbullying</i>	Cyber mentors	www.cybermentors.org.uk
<i>Inappropriate Web Content</i>	Internet Watch Foundation	www.iwf.org.uk
<i>Online abuse</i>	CEOP  <p>Look out for this icon on other websites. This means that you can report abuse directly to CEOP from those sites. For example, MSN Live Messenger has a tab with this icon on it.</p>	www.thinkuknow.co.uk
<i>Online abuse</i>	NSPCC Childline	www.childline.org.uk