



Cyber Bullying Policy

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Our Lady of Lourdes N.S. Cyber-Bullying Policy

Our Lady of Lourdes N.S. aims to ensure that children are safe and feel safe from bullying, harassment and discrimination. This school is committed to teaching children the knowledge and skills to be able to use ICT effectively, safely and responsibly.

Understanding Cyber-bullying:

- Cyber-bullying is the use of ICT (usually a mobile phone and or the internet) to abuse another person.
- It can take place anywhere and involve many people.
- Anybody can be targeted including pupils and school staff.
- It can include threats, intimidation, harassment, cyber-stalking, vilification, defamation, exclusion, peer rejection, impersonation, unauthorized publication of private information or images etc.
- While bullying involves a repetition of unwelcome behaviour the Anti-Bullying Procedures for Primary and Post Primary Schools, September 2013, states:

2.1.3. In addition, in the context of these procedures placing a once-off offensive or hurtful public message, image or statement on a social network site or other public forum where that message, image or statement can be viewed and/or repeated by other people will be regarded as bullying behaviour.

What is Cyber-bullying?

There are many types of cyber-bullying. The more common types are:

1. Text messages - can be threatening or cause discomfort. Also included here is: "Bluejacking" (the sending of anonymous text messages over short distances using Bluetooth wireless technology).
2. Picture/video clips via mobile phone cameras sent to others to make the victim feel threatened or embarrassed.
3. Mobile phone calls - silent calls, abusive messages or stealing the victim's phone and using it to harass others, to make them believe the victim is responsible.
4. Emails - threatening or bullying emails, often sent using a pseudonym or somebody else's name.
5. Chat room bullying - menacing or upsetting responses to children or young people when they are in a web-based chat room.
6. Instant messaging (IM) - unpleasant messages sent while children conduct real-time conversations online using MSM (Microsoft Messenger), Yahoo Chat or similar tools.
7. Bullying via websites - use of defamatory blogs (web logs), personal websites and online personal "own web space" sites such as You Tube, Facebook, Ask.fm, Bebo (which works by signing on in one's school therefore making it easy to find a victim) and MySpace – although there are others.

Explanation of slang terms used when referring to cyber-bullying activity:

1. "Flaming" - Online fights using electronic messages with angry and vulgar language.
2. "Harassment" – Repeatedly sending offensive, rude and insulting messages.
3. "Cyber Stalking" - Repeatedly sending messages that include threats of harm or are highly intimidating or engaging in other on-line activities that make a person afraid for his/her own safety.
4. "Denigration" - "Dissing" someone online. Sending or posting cruel gossip or rumours about a person to damage his or her reputation or friendships.
5. "Impersonation"- Pretending to be someone else and sending or posting material online that makes someone look bad, gets her/him in trouble or danger, or damages her/his reputation or friendships.
6. "Outing and Trickery" - Tricking someone into revealing secret or embarrassing information which is then shared online.
7. "Exclusion"- Intentionally excluding someone from an on-line group, like a buddy list.

This list is not exhaustive and the terms used continue to change.

Aims of policy:

- To ensure that pupils, staff and parents understand what cyber bullying is and how it can be combated.
- To ensure that practices and procedures are agreed to prevent incidents of cyber-bullying.
- To ensure that reported incidents of cyber bullying are dealt with effectively and quickly.

Procedures to prevent Cyber-bullying:

- Staff, pupils, parents and Board of Management (BOM) will be made aware of issues surrounding cyber-bullying through the use of appropriate awareness-raising exercises.
- Pupils will learn about cyber-bullying through Social, Personal and Health Education (SPHE), assemblies, friendship week activities and other curriculum projects. (see Appendix 1) .
- The school will engage a speaker to facilitate a workshop on cyber bullying.
- Staff CPD (Continuous Professional Development) will assist in learning about current technologies.
- Parents will be provided with information and advice on how to combat cyber bullying. (see Appendix 2) .
- Classes 1st – 6th will participate in the "Bullying in a Cyber World"
- Programme (Prim-Ed). (see Appendix 3).
- Parents will be expected to sign an Acceptable Use Policy (AUP) contract every September and discuss its meaning with their children.
- Pupils and parents will be urged to report all relevant incidents of cyberbullying to the school.
- All reports of relevant cyber bullying will be investigated, recorded and stored in the Principal's office and monitored regularly.
- Procedures in our school Anti-bullying Policy shall apply.
- The relevant authorities/An Garda Síochána may be contacted in cases of actual or suspected illegal content.
- This policy will be reviewed regularly. Pupils, parents and staff will be involved in reviewing and revising this policy and any related school procedure.

Roles and Responsibilities:

All Staff members are required to support the implementation of this Cyberbullying Policy.

Evaluation:

This Policy is monitored on an ongoing basis and amendments added as new concerns/issues arise.

Ratification and Communication

A copy of this Policy was made available to all members of Staff. Parents were made aware of the existence and availability of the policy by means of e-mail and this policy is also included on the Our Lady of Lourdes N.S. website – www.ourladyoflourdesns.com

Signed:

Mercedes Campion
MERCEDES CAMPION
Principal

Signed:

Mandy Fogarty
MANDY FOGARTY
Chairperson, Board of Management

Date:

17/6/21

Appendix 1: Advice sheet for pupils and parents:

If you are being bullied by phone or on the Internet:

- Remember, bullying is never your fault. It can be stopped and it can usually be traced.
- Don't ignore the bullying. Tell someone you trust, such as a teacher or parent or call an advice line.
- Try to keep calm. If you are frightened, try to show it as little as possible. Don't get angry, it will only make the person bullying you more likely to continue.
- Don't give out your personal details online if you are in a chat room, do not say where you live, the school you go to, your e-mail address etc. All these things can help someone who wants to harm you to build up a picture about you.
- Keep and save any bullying emails, text messages or images. Then you can show them to a parent or teacher as evidence.
- If you can, make a note of the time and date bullying messages or images were sent, and note any details about the sender
- There is plenty of online advice on how to react to cyber bullying. For example, ie.reachout.com and www.wiredsafety.org have some useful tips.

Text/video messaging

- You can easily stop receiving text messages for a while by turning-off incoming messages for a couple of days. This might stop the person texting you by making them believe you've changed your phone number
- If the bullying persists, you can change your phone number. Ask your mobile service provider about this.
- Don't reply to abusive or worrying text or video messages.
- Your mobile service provider will have a number for you to ring or text to report phone bullying. Visit their website for details.
- Don't delete messages from cyber bullies. You don't have to read them, but you should keep them as evidence.

Useful Websites

1. www.spunout.ie
2. www.childnet.int.org
3. www.kidsmart.org.uk/beingsmart
4. www.antibullying.net
5. www.bbc.co.uk/schools/bullying
6. <http://ie.reachout.com>
7. www.childline.ie/index.php/support/bullying/1395 www.abc.tcd.ie
8. www.chatdanger.com
9. www.sticksandstones.ie
10. www.kidpower.org

Appendix 2: Parent Information

Keeping Children Safe in a Digital Age

- For children under 13 years - the focus should be on avoiding risk online.
- For children over 13 years - the focus should be on managing risk online.
- For more information on keeping your child safe while using Facebook see: <http://www.facebook.com/safety>.
- When searching online use safer search engines for younger children such as <http://www.askkids.com/> or <http://www.safesearchkids.com/>. Visit www.google.ie/familysafety/ for more information.
- YouTube is designed for children aged 13 years and over so parental involvement is central. Use safety mode to filter search “results” (last option on the bottom of the page - make sure it is turned on).
- For online gaming check the content of the games. The PEGI (Pan European Games Information e.g. content age rating: PG, 12, 18 etc.) rating system rates games based on content, not skill level. See <http://www.pegi.info/en/index/> for more information.
- Access parental controls for your child’s gaming console.
- For a step-by-step guide on parental controls for Xbox 360 see <http://support.xbox.com/enGB/billing-and-subscriptions/parental-controls/xbox-live-parental-control>. For Wii parental controls see http://www.nintendo.com/consumer/systems/wii/en_na/ht_settings.jsp?menu=pc
- For PlayStation 3 parental controls see <http://uk.playstation.com/ps3/support/general/detail/linked233999/item391100/Parental-controls/>. For PSP parental controls see <http://manuals.playstation.net/document/en/psp/current/settings/parental.html>.
- Access parental controls for your child’s mobile phone and keep mobiles downstairs at night.
- The main mobile operators in Ireland - Meteor, O2, Vodafone and 3 have published a booklet to explain the additional features of modern mobile phones. This booklet can be downloaded from <http://www.ispai.ie/docs/mobgd08.pdf>.
- Mobile Minder is a relatively new service for android and smart phones. This service enables parents to monitor all contacts to and from their child’s phone. Parents are alerted if text messages containing words linked to cyberbullying, sexting or unusual behaviour are sent or received. For more information see <http://www.mobileminder.com/>
- Cyber-bullying is a behaviour issue, not a technology problem. Appropriate behaviour online is the same as appropriate behaviour in real life. It is therefore imperative that we teach our children how to be respectful and responsible when online. For more information on cyber-bullying through mobile phones see <http://www.o2online.ie/o2/about-o2/child-protection/> or through the internet see <http://www.internetsafety.ie/>.
- Chatting online is one of the main activities children engage in through online sites, games consoles, online gaming and mobile phones. Parents should discuss with children from a young age, what is appropriate to share online and what is not (e.g. personal details). Parents should be aware of how their child is chatting online (i.e. to friends or strangers). Children might call them “randomers” through text or webcam. Parents can familiarise themselves with online chat lingo if they are concerned about their child’s online chatting. See <http://transl8it.com/> or www.netlingo.com/ for more information.
- See www.isfsi.ie “News Section” for individual articles on cyber-bullying, mobile phones, online gaming, Facebook, searching online and YouTube.
- Useful websites: www.webwise.ie, www.pegi.info, www.hotline.ie, www.isfsi.ie

Webwise: 10 Tips for Parents:

98% of young people in Ireland use the Internet. 44% are online every day. 28% access the Internet through personal devices like mobile phones and games machines.

Young people are primarily going online to make friends, play games, download music, and do their homework. As parents, the most important thing you can do to reduce the online risks is to engage with their digital lifestyle.

Discover the Internet together:

1. Be the one to introduce your child to the Internet. This could make it easier to share both positive and negative experiences in the future.
2. Agree with your child on rules for Internet use:
Try to reach an agreement with your child on how long they should spend online and what types of sites and activities are ok.
3. Encourage your child to be careful when disclosing personal information: They should be selective about what personal information and photos they post to online spaces. Once material is online it is subject to all kinds of unauthorised use.
4. Talk about the risks associated with meeting online friends:
Young people are making friends online but they should only physically meet these strangers in the company of an adult or others they trust.
5. Teach your child about "source criticism" on the internet:
Not all information found online is correct. Educate your children on how to verify information they find.
6. Don't be too critical towards your child's exploration of the Internet: Remember, it is not always their fault if they come across inappropriate content on the Web.
7. Report online material you may consider illegal to the appropriate authorities: It is important that we all take responsibility for the Web and report matters which we believe could be illegal to www.hotline.ie.
8. Encourage respect for others:
As in everyday life there are informal ethical rules for how to behave when relating to other people on the Internet.
9. Know your child's internet use:
To be able to guide your child's internet use, whether it's on their mobile phone or PC, it is important to understand how children use the Internet and know what they like to do online.
10. Remember that the positive aspects of the Internet outweigh the negative aspects:
The Internet is an excellent educational and recreational resource for children. Encourage your child to be Webwise and explore the Internet to its full potential.

Find out more at www.webwise.ie. and www.pdsttechnologyineducation.ie



Webwise is the PDST Technology in Education Internet safety initiative. Webwise provides internet safety information, advice, and tools to parents, teachers, and students. Webwise is part-funded by the EC's Safer Internet Programme.

PDST Technology in Education,, DCU, Glasnevin, Dublin 9. Tel: (01) 700 8200 Email: internetsafety@ncte.ie
Web: www.webwise.ie (See A Guide for parents and Teachers)

Appendix 3: Bullying in a Cyber World (Prim-ed).

Bullying in a Cyber World can be used to supplement a school's anti-bullying policy or in conjunction with its core values programme. Bullying in a Cyber World covers the following aspects of bullying: What is bullying?, Forms of bullying, Cyberbullying, Targets of bullying, Effects of bullying, Who bullies and why?, Dealing with bullying and Preventing bullying.