



LINK
TO CHANGE

INFORMATION FOR PARENTS AND CARERS



www.linktochange.org.uk

Understanding Cyber bullying

Bullying is purposeful, repeated behaviour designed to cause physical and emotional distress. Cyberbullying (or online bullying) is bullying using technology, over the internet or via mobile and gaming networks.

• **Technology can be used to carry out a wide range of unacceptable or illegal behaviours.**

Cyberbullying can include:

- intimidation and threats
- harassment and stalking
- vilification/defamation
- exclusion or peer rejection
- impersonation
- manipulation
- unauthorised publication of personal information or images

Why do people cyber bully?

- personal, social or family issues
- they do not like a person
- they feel provoked
- they are taking revenge or may have been bullied themselves
- an acute need for attention
- early childhood experience, including parenting and maltreatment
- poor self-esteem, depression or anger that they cannot manage
- asserting and increasing their popularity and social status
- inability or unwillingness to empathise with others
- to feel powerful and in control
- from boredom or as a form of entertainment

Laws and Duties

Bullying, or cyberbullying, is not a specific criminal offence in UK law, however harassment, malicious communications, stalking, threatening violence, and incitement are all crimes.

All education settings have a duty to protect students from all forms of bullying behaviour and provide a safe, healthy environment.

Online Vs Offline

1.

Online life is real life. Digital technology and the internet play a role in most aspects of all our lives, including relationships. Think of 'online', as another space where young people spend time, rather than a different world.

2.

Young people's happiness is often linked to being connected to others. Technology helps young people to maintain their existing friendships and relationships, as well as build new ones.

3.

Young people want to have positive conversations about their life online. They want the adults in their lives to talk about the opportunities, not just the risks, and for parents and carers to share their own experiences.

Conversation Starters

Do you think a family agreement for online use is a good idea? How might this look for us?

What do you use apps/social media for most?

Is it easier or harder to be yourself online? Why?

How does being online help you feel connected to others?

What are the warning signs that someone online is lying or isn't who they say they are?

WEBSITES AND THEIR DANGERS

Dating Websites

For young individuals, online dating isn't just about apps; it includes how relationships develop on social media and through messaging. Unfortunately, some exploit this. While most apps require users to be 18 or older, some allow teens.

Examples: MyLOL, YUBO, Bumble, Meetme, Tinder, Grindr

Protecting Your Child

- Discuss risks of online relationships.
- Provide tools to protect their identity.
- Enhance knowledge of topics like sex, trust, and intimacy.
- Use parental control functions where available
- Encourage open discussions about online dating experiences.

Chat Rooms

Chat rooms can be great for kids and teens to connect over shared interests, but they also pose risks, as not everyone is who they claim to be.

Online groomers exploit the anonymity these spaces provide.

Examples: Omegle, Chat Roulette, Paltalk, Enter Chat Room, IMVU

Safeguarding your child in chat rooms is challenging. Consider using parental controls if you have safety concerns, and ensure your child understands the potential dangers.

Protecting Your Child

- Engage Together: Participate in online activities with your child and share your favourite websites.
- Listen Carefully: Watch for changes in your child's behaviour, which might indicate online grooming.

Gaming

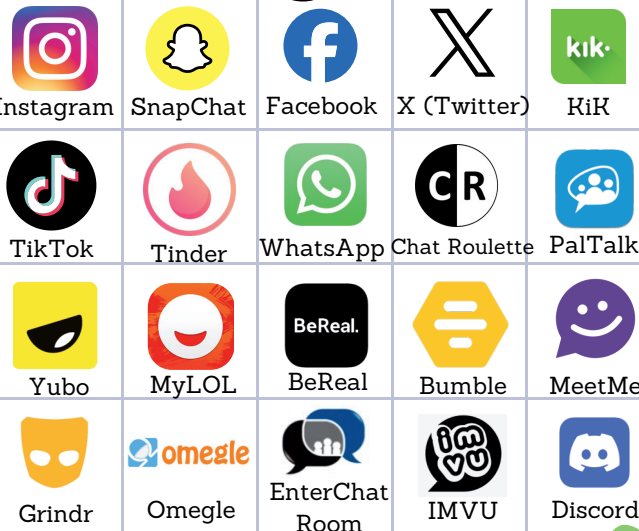
Gaming platforms offer young individuals an escape, a place to build friendships, and connect with like-minded peers. However, these spaces can also be misused by predators exploiting the anonymity of games.

Examples of Platforms: Xbox, PlayStation, PC (Steam), Nintendo Switch, Roblox.
Most platforms have privacy settings to limit friend requests to mutual connections.

Protecting Your Child

- Maintaining open discussions about gaming dangers is crucial. For more insight, search "Breck's Story" on YouTube, which illustrates grooming risks in gaming (recommended for ages 15+). Discuss your gaming boundaries and expectations.

Logos



Resources

- Childline - 0800 111
- Anti-Bullying Alliance
- Bullying at school and the Law: Gov.uk
- CEOP Education: Ask the Awkward - talking about relationships
- NSPCC: Keeping Children Safe
- UK Safer Internet Centre: full of resources around online safety
- Internet Matters: Advice for a safe digital world
- ChildNet: online safety help and advice for parents and carers
- CEOP Safety Centre: make a report about online sexual abuse
- Papyrus: prevention of young suicide

SCAN TO FIND RESOURCES

