

Cyber-Bullying Safety Tips

Here are our Top 10 tips to staying safe from cyber bullying:

1. Treat your password like your toothbrush - don't let anyone else use it!
2. Don't respond to unknown emails as this can encourage potential bullies.
3. Never give out personal information about yourself OR others – you could be putting yourself or others at risk from sex offenders and other dangerous people.
4. Don't post videos that are violent or humiliating - use mobile phones to get help, not to intimidate and embarrass the victim even more
5. If you are receiving abusive texts or phone calls, call BullyBusters 0800 169 6928 - they can get your number changed and put call blocks on your phone. Use reportit@forestgate.newham.sch.uk . We will take your concerns seriously.
6. When you view violent images on your mobile that others have sent to you, try and think 'would I be laughing if this was my Mum, Dad, Sister, Brother or Grandparents?' Remember that this is real life and not a movie or video game!
7. Never use MSN or IM chat to spread rumours or argue with others, and never use it to say anything that you wouldn't say to someone's face.
8. ALWAYS get people's authorisation before posting or sending their photographs online - you could be putting someone at serious risk.
9. Remember that once you have posted something online, you can't take it back and the damage could be done within seconds.
10. Remember that any bullying is wrong, but cyber bullying spreads more quickly than a common cold, to a much wider audience and affects people in the safety of their own home.