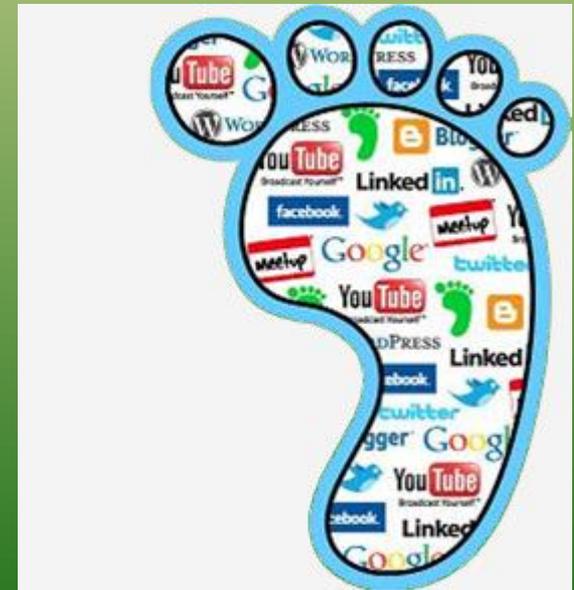


Esafty reminders

May 2016



Reminder 1: Don't bully by spreading rumours and gossip

- **The worst thing about social networking sites and messaging apps is that anything nasty posted about you can be seen by lots of people.**
- **These posts can go viral very fast and be shared by so many people within minutes in some cases.**
- **The most vicious gossip and rumours are often spread by people who were once your best friends so it's best to keep secrets and personal information to yourself.**
- **Only tell people things if it wouldn't embarrass you if other people found out about them.**
- **Posting false and malicious things about people on the internet can be classed as harassment.**

Reminder 1: Don't be a bully

continued

- **Try to consider the impact your words may have and think twice before posting.**
- **Being bullied online can affect someone enormously. Being bullied can impact on a person's self-esteem, confidence and social skills.**
- **If you post abuse about anyone else online or if you send threats, you can be traced by the police without any difficulty. Every time you visit a website or make a posting, your internet service provider, Sky, BT or Virgin, has an electronic note of your activity. Even if you create an anonymous email address like Gmail, Hotmail or Yahoo, you can still be traced.**

Reminder 2: Don't engage in threatening behaviour

- **Anyone who makes threats to you on the internet could be committing a criminal offence.**
- It's against the law in the UK to use the phone system, which includes the internet, to cause alarm or distress. It could also be against the [1997 Harassment Act](#).
- **If threats are made against you then it's essential you confide in your parents, or someone you trust so that they can make a complaint to the police.**
- If you can't print out the threats use the "print screen" button or snipping tool to take a snapshot of the computer screen and then save that somewhere safe. Or if you have a phone or tablet, use the screenshot function and keep these images safe.

Reminder 3: How to react when comments gets abusive

- There are quite a few instant messaging apps including imessage, Snapchat, WhatsApp, Secret, Whisper and Instagram. Firstly you need to check you are the correct age to be using them in the first place.
- They are a great way of sharing things with your friends and having fun.
- But if things turn nasty you can block people from seeing you are on line and you can save abusive conversations or print them out as evidence.

Reminder 4: Think about the images / videos you are posting

- It's easy to save any pictures of anyone on any site and upload them to the internet. Make sure that you have the person's permission to take a picture / video and that they're happy for thousands of people to see it on the internet.
- Be wary of tagging and hashtags as this will send the picture out to a wider audience than you may have originally intended.
- Don't upset people and then upload their pictures for other people to have a laugh. That could be harassment. Don't digitally alter pictures of people either because what you think is funny may be offensive to other people.
- Don't let anyone take pictures of you that might embarrass you.
- Think twice before you post anything online because once it's out there you can't take it back. It is easy for any comments or posts you make online to be taken out of context and these could be damaging to you in the long term.

Reminder 5: Don't be an innocent bystander

- **There is no such thing as an innocent bystander and if you have seen someone being bullied online, you can report it to the online site or app or to an older person you trust.**
- **Ignoring it may feel like the easiest thing to do but the person who is being subjected to that bullying may need your help and support to get it stopped.**
- **Most sites now have a report button which is something you can do and this will send the bullying comments to the site to investigate.**

Final reminder: Think about your own behaviour online

**Do you need to change it at all to
keep you or others safe?**

- Don't forget that if you need help or advice the Esafety ambassadors run a drop in session in the library from 12.45-1.15pm every Tuesday.
- You can also speak to your class Esafety Ambassador / s or a trusted adult in the school or at home.