



Anti-Bullying by The Diana Award

Feel free to share your **Gooseberry Alert** content with students, staff and parents. All that we ask in return (in the spirit of modelling positive digital citizenship) is that you acknowledge *Gooseberry Planet* and The Diana Award as the source of your advice.

Gooseberry **Student** 'Information' of the week



Online bullying is any repeated behaviour which takes place online and deliberately makes a person feel upset, uncomfortable or unsafe. This may take the form of messages, pictures or videos shared on social media, online games or messaging apps. Sometimes it might be less obvious, like deliberately inviting someone to a group chat where they are the subject of a nasty conversation.

It can have a huge impact on someone, making them feel isolated and upset. If this is happening to you, make sure you speak to someone - a teacher, parent or other trusted adult will be able to help you. There are also tools, like blocking and reporting, which can help you on most online platforms.

Explore the topic:

- ★ What is online bullying? What does it look like and where might it take place?
- ★ How might being the target of online bullying make someone feel?
- ★ If you were the target of this sort of behaviour what would you do?

Key messages: Don't suffer in silence. If you are the target of online bullying, it's so important to speak to somebody like a teacher, parent or other trusted adult. Make sure you block the person or group, save the evidence by taking a screenshot (unless it is an indecent image of someone under 18), and report the message: most platforms will have a Safety Centre that you can visit to find out how to do this.

Gooseberry **Teacher** 'Opportunity' of the week



Online bullying can have a huge impact on a young person's happiness, wellbeing and mental health. Even though it might take place outside of the school gates, it is everybody's role in school to make sure that your students know what to do if they are being bullied online and how the school will act to support them. Your students have a role to play too: at The Diana Award we believe that young people are the best agents for change in their schools, communities and online. Why not share [this video](#) with your students of how some inspirational young people have helped their peers stay safe online?

Key messages: Schools have a duty of care towards students, even when bullying takes place online or outside of school. Our anti-bullying policy sets out exactly what we do to keep students safe, and how we will respond to reports of bullying. If you are being bullied, make sure you speak to a staff member who will work with you to help resolve the situation.



Gooseberry **Parent** 'Message' of the week



Bullying can make a child feel ashamed and scared, and they'll be most worried about how you'll react when they tell you. Try to stay calm, reassure them and ask questions about what your child wants you to do to help them. Make sure you speak to your child's school to ensure they are aware of the situation. Get up to speed with the apps and social networks your child is using - being aware of how they work and what you can do to report bullying online is a great way to support your child if they are going through this.

Key messages: If something happens online that makes you feel upset, uncomfortable or unsafe, you can always speak to me and I'll be able to help you. If you don't feel comfortable speaking to me, let's think about another trusted adult - like a teacher or family friend - who you could go to instead. The most important thing is to not suffer in silence.