

## Online Bullying Module – The Diana Award

Online bullying is any bullying behaviour that takes place virtually via many different devices and platforms. Unlike other forms of bullying, online bullying can happen at any time of day or night – whenever and wherever you or your friends have access to the internet. From inappropriate texts or blog posts, to sending offensive images over the internet and excluding people from group chats, cyberbullying can take a number of forms – but it’s important to remember that it is still bullying and should be addressed in the same way as any other form of bullying.

### Top tips for being an Upstander to bullying:

1. If you see someone being bullied, step in. You could try to diffuse the situation using positive language, images or humour.
2. Offer friendship. Let the person being bullied know you understand what they are going through. This could just be by asking if they are ok and letting them know you are there to talk.
3. Always report any offline or online bullying you see to a staff member.
4. Befriend the person being bullied. If they look lonely, ask them to come and sit or play with you. Students are less likely to be targeted if they are with a group or with someone else.
5. Don’t join in with the bullying. Even if you are standing by, watching or laughing you are still encouraging and giving the bully an audience.
6. Respect each other’s differences. Don’t judge someone because they may look different or have different interests. Think about how you would feel if you were the victim and how you would like to be treated.
7. Encourage your friends and those watching to leave. If the bully doesn’t have an audience they are less likely to bully.
8. Understand the bully as they often need support too – there are often reasons why people bully in the first place. Talk to them and help them understand how their behaviours may be making the victim feel. Don’t do this if you think it may make you vulnerable.

### What should I do if I have been targeted with online bullying?

1. **Tell someone** - As with any type of bullying it so important that you don’t suffer in silence and you tell someone about it straight away. It may seem hard do but make sure you tell a trusted adult, such as a parent or teacher, and they will help you to decide what to do.
2. **Report the person/group** - Cyberbullying is never acceptable and you should report the content (pictures, text, group etc.) to someone you trust and to the social media site. All social networks such as Facebook, Twitter, ASKfm etc have report abuse buttons, as do most mobile phone networks who have teams to deal with abuse. Games consoles also have advice on their websites. Reporting is usually anonymous so the person will not know that you have reported the content.
3. **Block the person/group** - Most social media sites will give you the option to block and report the person/group cyberbullying you. When you block someone it usually means that the person/group will no longer be able to contact you or see any of your content. Check out the links below to read about how you can block the person/group on different social media sites.
4. **Save the evidence** - It is really important that you save or copy any of the cyberbullying such as texts or conversations you receive so you have evidence of the cyberbullying and can show it to the relevant people.
5. **Don’t reply or answer back** - It may be very tempting to reply to the person or group but don’t become a cyberbully yourself. Deal with the bully by blocking and reporting the abuse. It is sometimes hard not to write back, but it is always best not to retaliate. Sometimes the people bullying you are looking to get a reaction out of you and answering back can just make it worse.
6. **Stay positive** - Although it may feel like you do not have control of the situation, you can. Make sure you do the steps above and talk to people inside and outside of school that you can trust. These people care for you and will work with you to stop the cyberbullying. Stay positive, you are not alone and things will get better!

For more information, visit [www.antibullyingpro.com](http://www.antibullyingpro.com).

To be trained as an Anti-Bullying Ambassador to stand up to bullying in your school, community and online, visit [www.antibullyingpro.com/training](http://www.antibullyingpro.com/training).