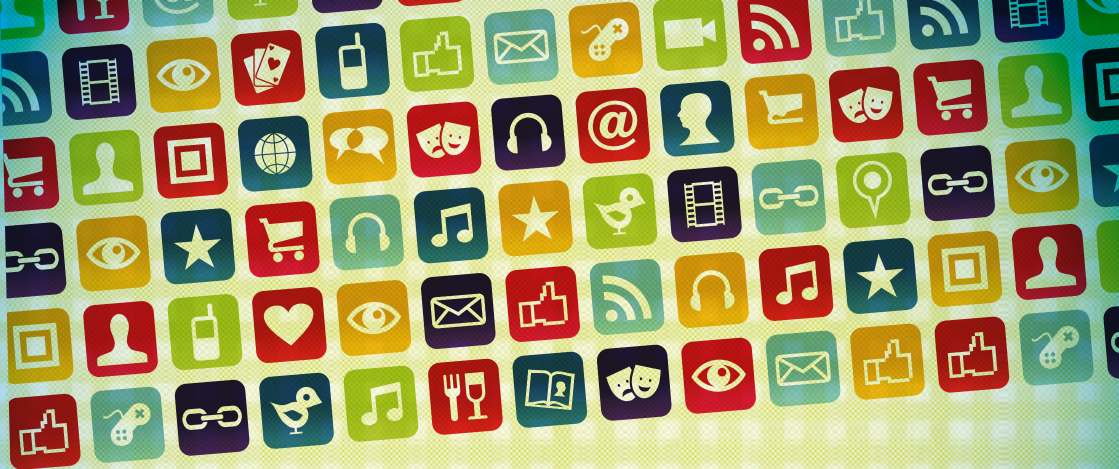




cyberbullying
what you need to know



SAMH
for Scotland's mental health

**→ LGBT
YOUTH
• SCOTLAND**


The Scottish
Government

What's cyberbullying?

Cyberbullying can make you feel embarrassed, left out and hurt. It takes place using mobile phones, emails, instant messaging, online gaming, social networking and much more.

Cyberbullying can be:

- Hurtful text messages
- Name calling on social networking pages
- Threats online
- Being targeted online because of who you are, or because someone thinks you are 'different'

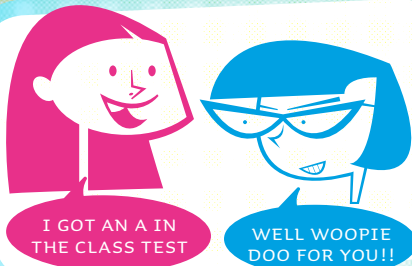
Technology allows you to connect and communicate with others in lots of different ways. It's given us a new social space to hang out in and make friends. Like other places we go, there are risks and one of these is bullying.



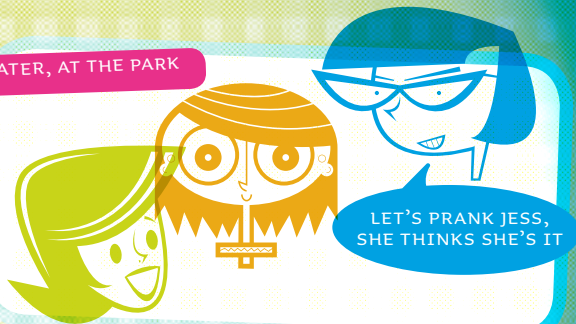
Cyberworld – how do you use it?

Things to think about

Mobiles, smartphones & apps



LATER, AT THE PARK



Smartphone Apps

Of course you can call or send a text; but with Smartphone Apps, you can do almost anything from social networking to ordering new clothes. Apps are downloaded to your phone; some cost money, while others are free.

Saving messages

Although it can be hurtful to read horrible messages, you should save them as evidence.

Blocking numbers

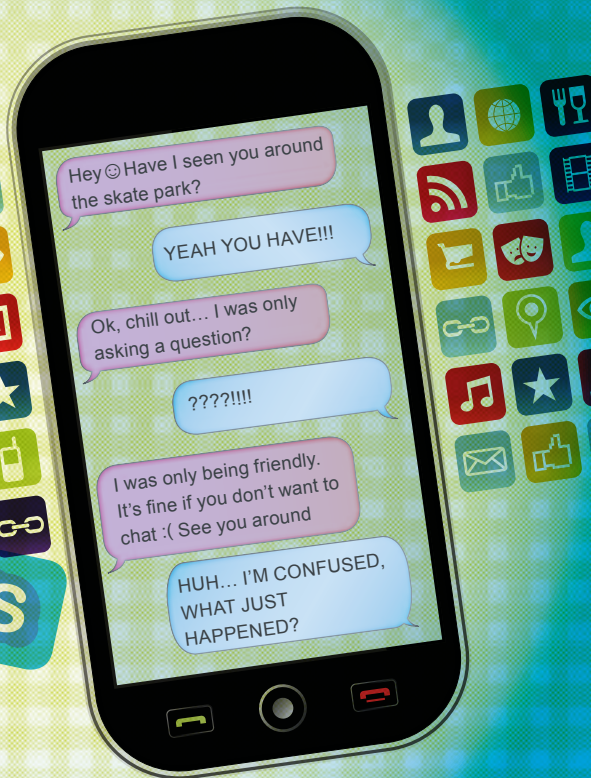
Mobile phone providers can help you to block numbers so that you no longer receive unwanted text messages or calls.

Pass codes

Some people deliberately send text messages or post Facebook updates using other people's phones to try and embarrass them. Having a pass code on your phone helps to stop this happening to you! You have lots of private information on your phone and you might have spent a lot of money on credit too! Don't tell anyone your pass codes (even if they pester you to); except from maybe a parent, guardian or responsible family member.



Instant messaging



Instant messaging

Instant messaging gives people the opportunity to chat to each other in real time. Some popular instant messaging services are:

- Blackberry Messenger (better known as BBM)
- Skype
- MSN Messenger

Instant messaging is usually on a 1-2-1 basis, but some let you have group instant chats. If you use your webcam, like during a Skype chat, remember someone at the other end could be recording what you say or do.

Be careful if you decide to show or share a message or image with someone else, things can get passed around and become out of hand very quickly.

We can all say things that we don't mean in anger. But the impact may be worse if it's written down, because it's harder to take it back!

Remember that it's easy to misunderstand what is written on a screen. Online rules exist for this reason, such as not TYPING IN CAPITALS as it could be seen as shouting.

There are loads of codes and smilies used to shorten messages too 😊

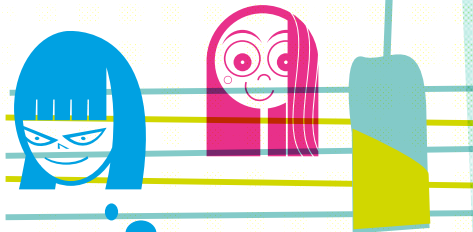


Sending or posting messages when you're angry is not a good idea.



Social Networking

at kick-boxing class...



DONNA KEEPS DRAWING ME DIRTY LOOKS...I DON'T LIKE HER ANYWAY... WHO DOES SHE THINK SHE IS?

...later, at home...



Donna
You better stop drawing me dirty looks or I'm going to get you! I've got your number! You better watch your back!

I WASN'T DRAWING ANY DIRTY LOOKS...SHE'S NOT MY FRIEND...SHE ISN'T EVEN AT MY SCHOOL..HOW DOES SHE KNOW MY MOBILE NUMBER?, I'VE NEVER GAVE HER IT...



Social Networking

Is a way of communicating with friends online; on websites like Facebook, Google+ and Tumblr



Your social networking profile is 'your space' and place of self-expression. Remember everything you post can be seen by a lot of people in a short amount of time.

Lots of fall outs or problems that happen in school or in clubs carries on or even start on social networking sites; it's just another place where these things happen.

Being 'friends'

When you accept someone as a friend, they can see all of your pictures and status updates and you can see theirs too. You should only connect with people you know and not with people who are mysterious or cool about their identity. Not everyone is who they say they are!

Your page really should be made 'private' so that only 'friends' can access it. Another option is that your 'friend's friends' can have access to your page, but this could mean that you receive messages from people you don't know. If your profile is public, anyone can read it and write on it: anyone from parents, to teachers, to people who might have a grudge; like Donna experienced in the story.

Nicknames

Using screen names/ nicknames is a good way of not revealing too much personal information.

Remember if you put personal information online; others can see it!



YouTube

YouTube

Allows you to watch, upload and share videos across the world. You can check out almost anything from movie clips to music videos.

Trolls

Some people deliberately post horrible comments or questions on YouTube, Facebook, discussion boards and other sites to try cause trouble, wind people up and start arguments.

Videos uploaded and comments made can be reported to YouTube or to the police if they are threatening, racist, homophobic, sectarian etc. People who upload these videos or post these types of comments can be traced through their mobile phone SIM card or computer. Their actions *could* be breaking the law and these posts and videos can be used as evidence against them.

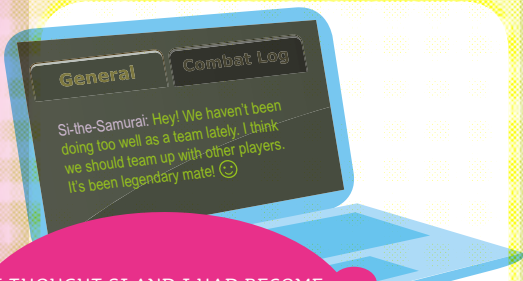
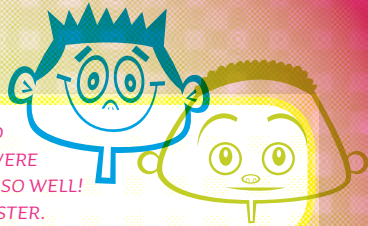


YouTube can be used to share videos quickly; incidents filmed at school or on the bus can be uploaded onto YouTube and then viewed by anyone.

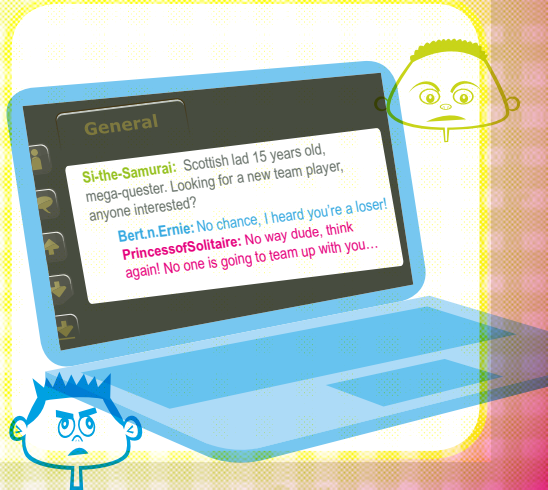


Online Gaming

SIMON IS A 15 YEAR OLD SCOTTISH TEENAGER AND JUSTIN IS A 14 YEAR OLD CANADIAN. THEY BOTH REALLY ENJOY MULTIPLAYER QUEST GAMING AND WERE ONCE AN UNBEATEN TAG-TEAM. BUT RECENTLY THEY HAVEN'T BEEN DOING SO WELL! SIMON'S SCREEN NAME IS: SI-THE-SAMURAI AND JUSTIN'S IS: JUST.THE.JESTER.



I THOUGHT SI AND I HAD BECOME GOOD FRIENDS... I THOUGHT WE WERE A GOOD TEAM... SO HE THINKS HE CAN DO BETTER IN ANOTHER TEAM... WE'LL SEE ABOUT THAT!

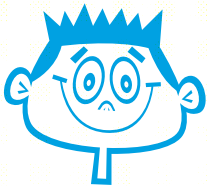


Gaming

Gaming is a huge past time for lots of people all over the world. It can be console based (like X-box 360's or Playstations). MMORPG's (Massively Multi-Player Online Role-Playing Games) often transport players into a virtual universe where hundreds of people can be playing at any one time. Some online multi-player games like World of Warcraft charge a monthly fee to play, while others like Guild Wars have no monthly fees.

Like the many other ways of connecting with people all over the world, what you say and how you act is important. There are lots of ways to experience cyberbullying through online gaming; including being left out or targeted, like Simon in the scenario.

If you sign up for online gaming and want to connect with new people, there 's a code of conduct, rules that let people know what is expected of them and how to safely report any problems.



Your actions may affect your access to online gaming or even other gamers' willingness to let you join in.



Are you cyberbullying someone?

Consider these statements:

- Do you send or pass on messages or images of people without thinking about the impact it can have?
- Do you tease or make fun of people online?
- Do you make prank calls?

All of these can be seen as cyberbullying and any of these only needs to happen once to make others feel worried or scared.

Some cyberbullying behaviour is also against the law; you could find yourself in serious trouble. This could impact your family and your future chances in life.

Stop and think before you send or pass something on, think about the impact it can have on the other person and the impact it could have on you!



“You don't have to like me, agree with me or even play with me... but you do have to respect me”



Reporting cyberbullying

A lot of people don't report cyberbullying because they're worried that they will have their mobile or laptop taken off of them. Some also worry that telling an adult will make things worse. But you should share these concerns with the person you confide in.

There are numbers and websites at the end of this booklet for further info and support.

Cyberbullying is wrong!

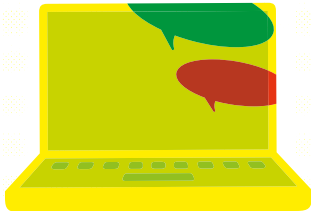
Cyberbullying can affect your school work, your family life and even how you feel about yourself. You should tell someone.

You don't deserve to be cyberbullied!

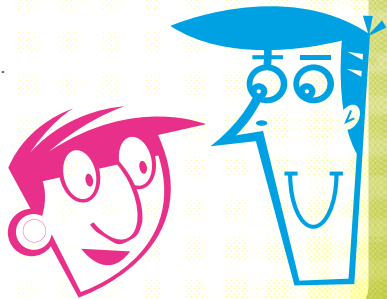
Not reporting it is not likely to make it stop.

Diversity should be respected!

Everyone is 'different' in our own way and it can be very hurtful to experience cyberbullying, just because of who you are or how others see you. Don't bottle these feelings up, tell someone you trust.



Tell someone you trust if you're worried about a parent or teacher over-reacting.



Your rights

Young people's rights (under 18 years old) are outlined in the United Nations Convention on the Rights of the Child (UNCRC). These rights are here to protect you. Cyberbullying can take away your rights. Some key UNCRC rights are 🗣️



THE RIGHT TO EXPRESS YOURSELF FREELY, WHILE RESPECTING OTHER YOUNG PEOPLE'S RIGHTS TO EXPRESS THEMSELVES



THE RIGHT TO RELAX AND PLAY



THE RIGHT TO PROTECTION AGAINST DISCRIMINATION

For more info about your rights, please visit: www.sccyp.org.uk

Some cyberbullying actions are illegal. There are laws to protect you against this, such as the Communications Act 2003.

You are not alone!

respectme surveyed almost 4,000 young people in 2011 and found that

16% had been bullied online and

25% were worried about cyberbullying.

Young people have told us that they think that they're the only person dealing with cyberbullying, so



we hope that it helps to know that others have experienced cyberbullying and things did get better!



Cyberbullying...what can you do?

There are different ways of dealing with cyberbullying. These can include:

- Tell an adult you trust
- Tell a good friend
- Call ChildLine Bullying Line on 0800 44 1111 for confidential advice and support
- Ask them to stop! – the person cyberbullying you might not know that they are hurting you
- Be a good friend, if this is happening to someone you know – it can make all the difference!

There are also some less positive ways of dealing with cyberbullying, things like:

- Taking your anger out on others
- Doing things to hurt yourself
- Skipping school

There are lots of practical things you can do if you experience cyberbullying, including:

- Screen shot nasty online messages
- Unfriend and block people from accessing your page
- Block numbers
- Check privacy settings
- Turn off... but this isn't really a long term solution!

If you're being threatened in a sexual way or being pressured into doing something that you don't want to do, this is not bullying. There are laws to protect you from this type of behaviour.



Support & Advice

Call:

Childline Bullying Line

This is a free bullying helpline.

Opening times: Monday to Friday 11.30am - 10pm; Saturday and Sunday 2pm - 8pm

Telephone: 0800 44 1111

Childline

Call about anything that is worrying you: no issue is too big or too small. This a free 24 hour phone line for children and young people.

Telephone: 0800 1111
www.childline.org.uk

Visit:

respectme

Offering practical advice on what to do if you're being bullied.

www.respectme.org.uk

SCCYP

Find out more about your rights and share your views with Scotland's Commissioner for Children and Young People.

www.sccyp.org.uk

CyberMentors

A social networking place where you can talk to mentors of your own age.
www.cybermentors.org.uk

CEOP

Child Exploitation and Online Protection Centre (CEOP):
<http://ceop.police.uk/>. Many sites have a report to CEOP button.



Cyber
Mentors



Scotland's Commissioner
for Children & Young People





**This publication is
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Scotland's Anti-Bullying Service