



**Beecroft  
Primary School  
and Nursery**  
Kirkstall, Leeds

**ONLINE  
SAFETY  
WARRIOR**



# Online Bullying Newsletter

## October 2023

### Who are we?

We are Beecroft's Online Safety Warriors and our job is to spread the word about online safety and the SMART rules. We are all passionate about keeping ourselves, our friends and our families safe from the ever growing list of dangers online.

We all applied for the job by doing a talk on the SMART rules, before a vote to decide who was successful.

#### Things we do:

- Meet regularly to discuss current issues
- Do assemblies for the whole school
  - Do class talks on safety topics
- Run drop in sessions for our peers to discuss online worries
- Produce half-termly newsletters for parents/ pupils

We hope that you enjoy and find our leaflet useful, from



Dhairya	Dahen	Edie
Maidah	Riya	Robyn
Kareem	Thea	Jason
Aisha	Sophie	Yusha
Abdullah	Louis	Isabella

# What is cyberbullying?

Dahen and Edie

Cyberbullying is any form of bullying which takes place online and causes harm or distress to a person or group of people.



People on Roblox might swear or make fun of you in messages.



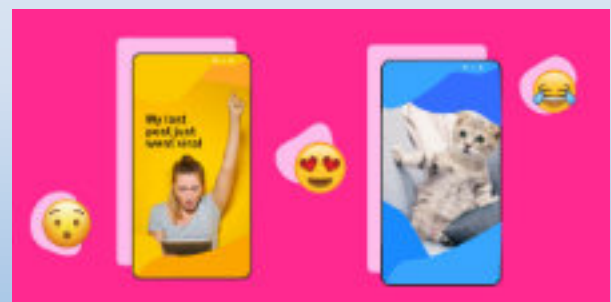
People on headsets may say mean things if they lose.



On WhatsApp in group chats people might exclude or ignore someone.



On smartphones people might send mean disappearing messages on Snapchat



If people make posts about you or share photos without your consent, it is bullying .

All of these are type of bullying online or cyberbullying.

If it happens to you, TELL a trusted adult!

# What are the effects of Cyberbullying

find excuses to stay away from school;

start spending more time alone;

feel bad about yourself;

worry about parents or other family members looking at your device;

be left out of social events or see less of your friends;

lose your appetite or feel like you need to change yourself to try and fit in;

feel a range of emotions, such as anger, sadness and loneliness.

Sophie says:

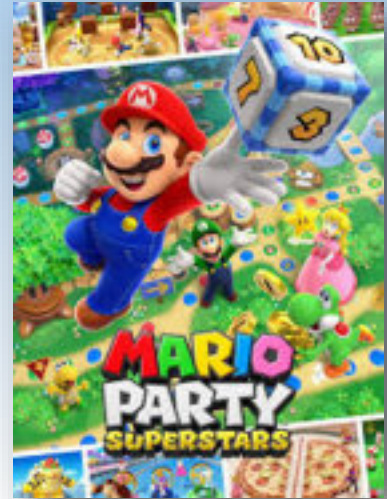
- Look out for these signs with your friends.
- See if you can help them sort it out first.
- Remind them to report, save and block.
- Then if you can't solve tell a trusted adult.

Remember to be a good friend in real life and online!



# Examples of Online Bullying whilst gaming:

- a. People being mean in the game chat
- b. Targeting only one person in a game
- c. Sending you unkind messages .
- d. Leaving you out of a game/ booting you out of the game party.
- e. Griefing – This is where someone deliberately breaks up someone else's creations e.g. in Minecraft
- f. Hacking your password and using your virtual currency.
- g. Saying they will swap skins with you but not returning one when you have sent yours.



How to be a responsible gamer and stamp out bullying:

- A. Never send or say any unkind comments.
- B. When your headset is on, think would I like this said to me?
- C. Always play games which are your PEGI age.
- D. Always include everyone in the game.
- E. If someone is being mean to a friend tell them to stop.
- F. If they won't stop, leave the group or tell an adult.
- G. If they repeat the bullying report them to e.g. PlayStation Network.

# What Could You Do?

## Scenario Solutions

**Scenario 1**

You are playing an online video game with some people from school. Suddenly, the conversation gets nasty and a person says some hurtful things about your family.

What should you do?

Back

## What would you do about each type of Online Bullying?

1. You should tell the person that you feel uncomfortable first. If they realise they have made you sad they may stop saying mean things. You can also leave the game.

If they do not however you **MUST** tell your trusted adult.

As a last resort you can block or report them to e.g. Playstation network

## Scenario Solutions

**Scenario 2**

You have received a really unkind and hurtful text message from someone in your class.

What should you do?

Back

2. You should screenshot any offensive messages and show either your parents or trusted adult at school. You can take screen grabs/screenshots of any mean conversations to report the person, but never respond in a mean way yourself.

Any numbers can be blocked so that you don't receive any more.

## Scenario Solutions

**Scenario 3**

You and your two best friends are in a group chat. One of your best friends sends you a private message suggesting that you should both set up a new chat group leaving the other friend out.

What should you do?

3. You should tell your friend this is not a good thing to do as it is cruel and unkind.

They should think what they would feel like if it was happening to them.

If they don't listen tell a trusted adult.

Block or leave any WhatsApp groups you aren't comfortable in.

By Aisha and Riya

# How to be a good online friend

Kind messages!



Be  
Kind Online



supporting  
people



Thea

# Kareem's Quiz

Have you ever shared something about someone online that you knew they wouldn't want posted?

Yes, because it was hilarious!

No, I have no friends online.

No way.

Yes but I regretted it afterwards.

Have you ever created a fake profile for someone you know?

No!

Yes because everyone laughed.

I was with friends that did it.

No I have no friends online.

Have you ever 'liked' or 'shared' a mean post about someone?

Yes, we all do it.

No, I block people who are mean.

I used to, but I don't any more.

Occasionally.

Have you ever posted something using someone else's account?

Yes, it will teach them to lock accounts!

No I have no friends online.

No I would hate someone doing it to me.

Once, but I regretted it afterwards.

Have you ever messaged someone pretending to be someone else?

Yes.

No.

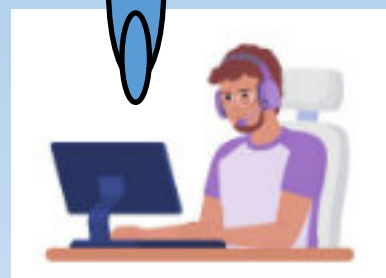
Yes but I wouldn't do it again.

Kareem says it is easy to be an accidental bully online.

Take the test to see if you have been:

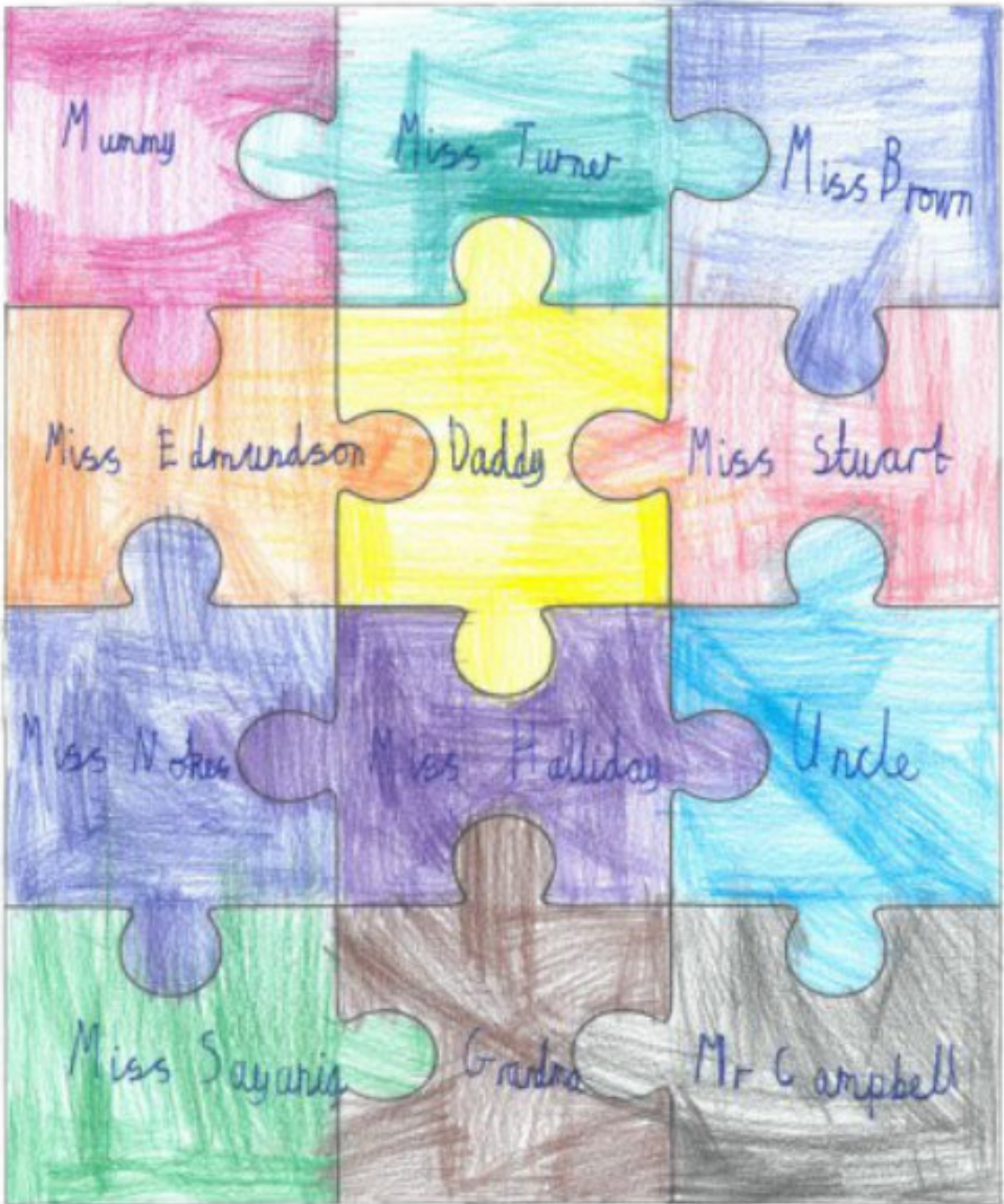
- A) a good online friend
- B) an accidental bully

Did you answer NO to all?





Who can I turn to?



Robyn and Isabella

# Being kind & unkind online

Colour in the statements below to show whether the behaviour is kind or unkind. Start by colouring the key so you know which colours are kind or unkind behaviour.



Kind

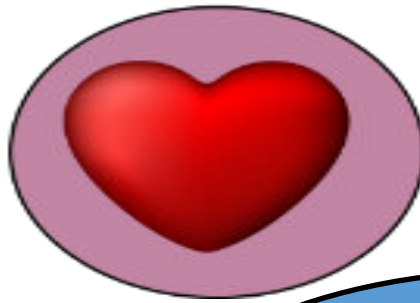


Unkind

Deliberately ignoring your friend in an online game X	Writing unkind posts about someone X
Sharing a photo of someone even though they asked you not to X	Sending someone videos that will scare them X
Sending unkind messages in a group chat X	Sending images that will upset someone X
Inviting someone to play an online game with you ✓	Sharing happy news ✓
Sending your friends a photo they will like ✓	Using happy emojis to make someone feel better ✓
Sending a video of cute animals ✓	Telling everyone what costume you have for Book Day ✓

Yusha and Jason

# S M A R T



Abdullah and Maidah say : If you follow the SMART with a heart rules you will be safe online.  
Always tell if you are being bullied.

