



**THESE ARE THE
ONLY TROLLS
THAT WE LIKE!**

**Think about your
online behaviour-
Don't be a troll!**

Why do people cyber bully?

- They think it doesn't matter because it's online
- They think they can be anonymous
- They may feel left out or lonely
- They may be trying to create an image or reputation for themselves



How can we stop cyber bullying?

- We must not be part of the problem, we must not cyber bully (even if someone else started it and you're now commenting or adding emojis)
- We must say to ourselves 'would I say this in person?'
- We must report it when we see it
- We must stick to the rules of - Is it kind? Is it true? Is it helpful? If the answer is no, then don't post it!
- We must call it out and challenge it (without then becoming a bully too!)
- We can report it to the police

Imagine standing in front of someone that has just walked into a room and saying 'wow, you're such an ugly loser- everyone hates you'
YOU WOULD NOT DO IT. SO DON'T DO IT ONLINE

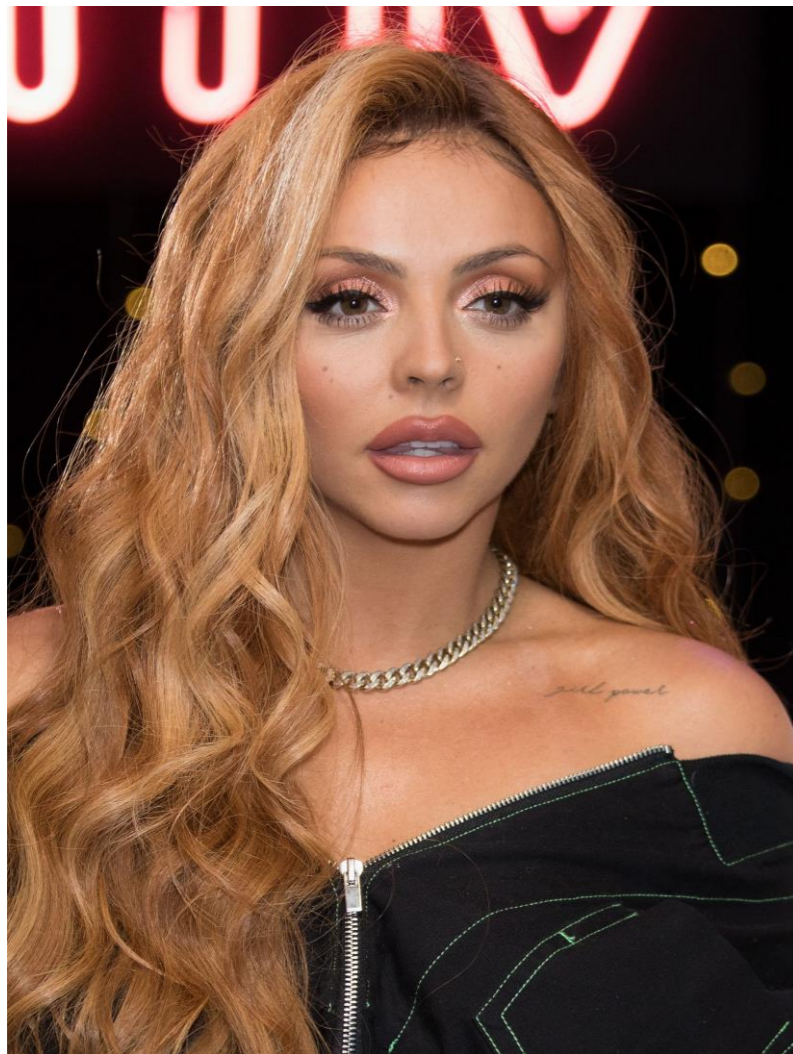
Choose Kindness

Who can I speak to if I am worried about cyber bullying?

- My form tutor
- My parents
- Any teacher in the academy
- Vikki at Place2b
- My friends
- An older brother, sister or cousin
- An older student at the academy
- Report online
- Call the police if you don't feel safe



People have feelings....



We know that both Jessy from Little Mix and Caroline Flack from Love Island both suffered terribly with their mental health because of online trolling.

How can I get help?

- If you have realised that you might have demonstrated some unhealthy online behaviour it might be helpful to think about why.. Then you can think about how you can avoid it in the future
- Do you need to speak to Place2be to talk about something that upsets you?
- Do you feel like you don't fit in, maybe you could join one of our many ECO clubs
- Do you feel that you can't sort a problem out face to face and maybe a teacher could help you?
- Do you spend too much time online and forget reality vs online?
- Do you spend time online looking at unhealthy behaviour and need to avoid it?

Online Safety

You need to keep yourself safe online

Do not give out details online

Do not post pictures of yourself or siblings in school uniform/with school logos

Do not accept a 'friend' that you don't know.

Block anyone that is messaging you directly that shouldn't be

Report any suspicious behaviour

NEVER EVER meet anyone that you have befriended online

<https://www.youtube.com/watch?v=ottnH427Fr8>