

# STOP cyberbullying

Cyber bullying is rife on the internet and it affects many people. 56% of young people say that they are bullied online and 42% say that they feel unsafe. Electrical devices are very popular in this day and age but what do you do when things go wrong?

- Tell someone and don't retaliate.
- Don't be a bully, it will only cause trouble for yourself.
- Use unusual passwords and keep your account private.
- Avoid online contact with unknown people.
- Think about what you are saying-bullying can affect people enormously.
- Think carefully before you post anything online.

There are many different types of cyber bullying: the main ones are harassment (sending or posting rude or offensive comments), flaming (getting into online fights or arguments), impersonation (hacking or making an account in someone's name), trickery (give out someone else's private pictures/information or trick someone else into doing so) stalking (repeatedly sending threatening messages to the same person) exclusion (leaving people out of group chats), denigration (putting up fake information about someone else/ pretending to be someone else).

Remember that **ALL ARE FORMS OF BULLYING AND ALL MUST BE STOPPED!**



Do you think that you know it all about e-safety? For anything you might have missed go to these websites:

<https://www.thinkuknow.co.uk>

<http://lifehacker.com/how-to-stay-safe-when-meeting-someone-from-the-internet-1040400781>

<http://www.psychguides.com/guides/internet-and-computer-addiction-treatment-program-options/>

<http://www.addictionrecovery.org/Addictions/index.aspx?AID=43>

<http://www.stopcyberbullying.org/index2.html>

<https://www.orkney.uhi.ac.uk/students/student-support/e-safety-top-10-tips>

[http://safe.met.police.uk/internet\\_safety/get\\_the\\_facts.html](http://safe.met.police.uk/internet_safety/get_the_facts.html)

# Booklet of information



**KEEP  
CALM  
REMEMBER  
E  
SAFETY**

By Emma Troman

## Addiction



Everybody uses some form of electronic device either for work, school or leisure and they are very useful for all kinds of things. Sometimes you could spend so much time on your device that you begin to get addicted. Don't worry about being addicted; technology is a great thing, you just have to use it safely. Here are some signs of computer addiction that you can look out for:

- Often thinking of it when away from it.
- Spending a long time on the internet constantly.
- Jeopardizing of potential jobs, relationships or exam results though social media.
- Telling lies to family members/ therapist when they ask you about the internet.

If you think that you are doing more than one of these things, don't worry. Technology is a great thing, you just need to limit yourself. This is easily done by following this:

- Keep healthy- though it seems strange, keeping healthy really helps you to stop.
- Get out more because the more you get out, the less you go on social media.
- Talk to someone that you know and trust.

Don't be scared to use all of the amazing technology that we've invented, just give yourself a limit and keep to it and you will never have to worry about getting addicted.

## The real world



When the internet first came around, you were told never to meet up with people off of the internet, but now you can, taking into account a few vital precautions:

You should talk to the person that you are planning to meet up with on the phone so that you can hear their voice. Remember that, even if you think that you have heard your voice, it might not be theirs so still be careful. If you are meeting up, choose a light, open, public place where you won't be alone and if you are a child, bring a trusted adult with you. Set your smart phone (if you have one) in a way that your friends and family can track its location, but still don't go too far from your lodgings. However long you've known them, remember that you don't REALLY know them: they could actually be someone else....

### Giving personal information

Avoid giving away any personal information before you have met the person properly. This includes photos of yourself, dates of birth, full names, where you live, where you work/go to school and your telephone number. If you do give away personal information to a stranger, they could come into your real life...

Children are in the most danger from ignoring e-safety in the real world, so parents:

**TAKE CARE OF YOUR CHILDREN!!!**

## Phishing



Phishing is when internet fraudsters pretend to be a trusted business and if successful, will learn your password or other personal information. Often they will send you an e-mail pretending to be, for example, your bank. Usually they will say that there is a problem with your account so that you have to give them your username and password. Being the most common form of e-danger in the present day, you should always be aware of phishing. Don't worry about it just keep an eye out and avoid these things:

- Giving away ANY personal information, especially your e-mail or date of birth.
- Unknown senders: phishing e-mails are usually very different to the company they are pretending to be.
- Large gap between the times when you check your accounts.
- Spam and junk mail: protect your computer with a firewall, anti-virus, anti-spyware and spam filters.
- Links in e-mails.

Phishing is the most common form of e 'un'safety and can occur when you are least expecting it. Just being cautious and aware of it can prevent disasters such as a criminal having full access to your bank account happening...