

# REACH OUT





# How can we help to stop or prevent Online Bullying?

We can help to stop or prevent online bullying by:

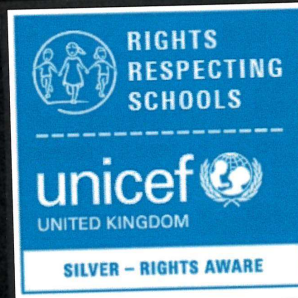
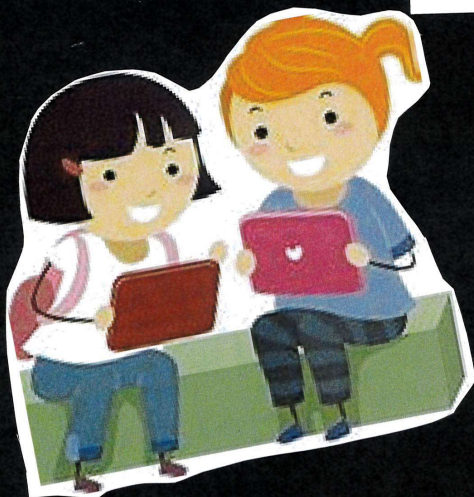
- help someone find help
- never join in with bullying
- be a kind friend online

We can help to stop or prevent online bullying by:

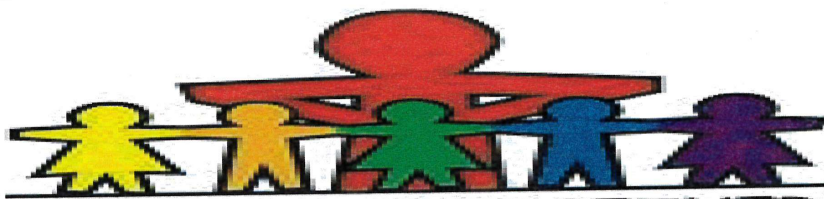
- Ring childline 0800 111 for advice.
- Feel confident to share your own ideas.
- only go on age appropriate websites

We can help to stop or prevent online bullying by:

- Tell a trusted adult to help you
- Only go on age appropriate websites
- Let people share ideas.



Article 2 (non-discrimination) The Convention applies to every child without discrimination, whatever their ethnicity, sex, religion, language, abilities or any other status, whatever they think or say, whatever their family background.





We can help to stop or prevent online bullying by:

- Let people have their own ideas.
- Never judge someone online.
- Tell a trusted adult to help someone.

We can help to stop or prevent online bullying by:

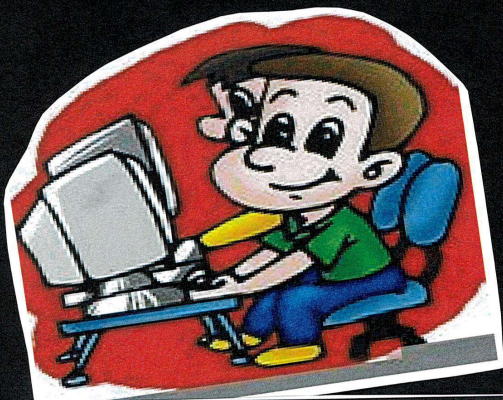
- Ring childline 0800 1111 for advice.
- Only go on age appropriate websites.
- Never judge someone online.

We can help to stop or prevent online bullying by:

- by telling a trusted adult
- by ringing childline 0800 1111 for advice
- by telling a parent or uncle about bullying.

We can help to stop or prevent online bullying by:

- Only say kind words when online
- Let people discuss their own ideas
- Always let a trusted adult know if something is worrying you.



RIGHTS  
RESPECTING  
SCHOOLS

Article 15 (freedom of association) Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights.

ChildLine




0800 1111





**Safer Internet Day 2023** | Tuesday 7 February  
 Coordinated by the UK Safer Internet Centre  
[saferinternetday.org.uk](http://saferinternetday.org.uk)

**Want to talk about it?**  
 Making space for conversations about life online


**Claire B** ✓  
 @Claireredhair

I love playing an online building game but recently someone has been sending me some mean messages and constantly destroying everything I build. #meangamer #bekind #spoilingmyfun #shouldIretaliate

2:30 PM · Nov 25, 2022.

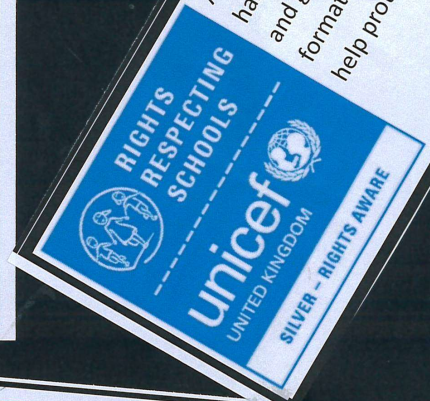


**Sarah J** ✓  
 Replying to @Claireredhair

This sounds like cyber bullying to me!  
 Why dont you log off or you can block them and tell trusted adult.  
 # Never accept bullying

Michelle

Article 17 (access to information from the media) Every child has the right to reliable information from a variety of sources and governments should encourage the media to provide information that children can understand. Governments should help protect children from materials that are harmful to them.



Article 16 (right to privacy) Every child has the right to privacy. The law should protect the child's private, family and home life, including protecting children from unlawful attacks that harm their reputation.



**Sarah J** ✓  
 @SarahJloveshorses

My parents are quite strict when it comes to me using the Internet and have clear rules about what I can and cannot do. When I visit my best friend, she says her parents let her do whatever she likes. #needadvice #strictparents #notrouble

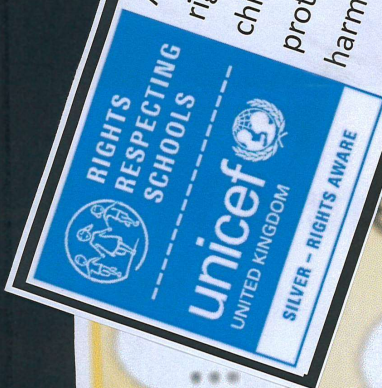
3:15 PM · Dec 11, 2022.



**Tina Y** ✓  
 Replying to @SarahJloveshorses

But your parents are protecting you because lots of people are not nice to people when they are online #nice parents

Oliwia

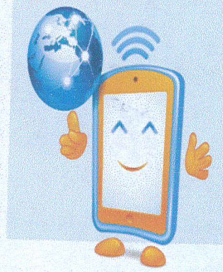


SAFER INTERNET DAY

**Want to talk about Making space for**



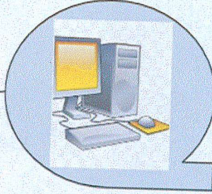
## Internet Safety Day 2023



Always keep safe online. Block rude messages that may upset people.

Make sure you don't put your real name!

Don't always trust websites that end in .org



Make sure you go on age appropriate games, because they could contain violence.

Don't share your email address for safety reasons. No one should read your personal messages.

Treat your password like toothbrush. Don't let anybody else use it and get a new one every six months.

-Clifford Stoll

## Internet Safety Day 2023



Never share your password with anyone apart from your family.

Be wary if any games or websites ask for personal details. Ask a trusted adult.

Nothing ever goes away once it is posted online. Think before clicking!

Make sure you don't click on a link that looks too suspicious because it might be a scam.

If the domain name is a well known organisation, then it is probably trustworthy.

Don't go on 18 rated games if you are seven.



**Article 15 (freedom of association):** Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights.

**Article 12 (respect for the views of the child)**  
Every child has the right to express their views.