Millais Anti-Bullying Action Plan : Cyberbullying

Cyberbullying is any form of bullying that is carried out using electronic media devices, such as computers, laptops, smartphones, tablets, or gaming consoles. Here at Millais we are working with the Anti Bullying Alliance to become an United Against Bullying recognised school. We are working hard to respond to bullying speedily and effectively. We know that it is important to listen to everyone involved by investigating everyone's voice.

Websites, applications or other services used to carry out cyberbullying include...

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Email
File sharing sites
Instant Messaging
Multimedia text messages
Phone calls
Social networking sites
Text/Audio/Visual Chat programmes
Text Messages

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In addition to the type of media used, it is also important to understand what kind of behaviour cyberbullying can involve. Through combined research findings, a number of distinct behaviours have been identified which typify the types of incidents cyberbullying victims are likely to experience. These include:

• Written or verbal attacks
• Threats of physical violence (including towards a person's family or property)
• Name calling
• Denigration (putting some down in front of others)
• Cyberstalking (following someone without their knowledge)
• Masquerading (pretending to be someone different or setting up fake profiles) • Exclusion • Prank or silent phone calls
• Outing (posting personal information without consent)
• Impersonation (stealing someone's password and pretending to be them)
• Flaming (intentionally starting fights)
• Rumour spreading

Responding to cyberbullying at Millais

• To encourage children and young people to report incidents of cyberbullying, reporting procedures should be clearly outlined, and understood by all member of the school community. Those who experience cyberbullying should know exactly how and to whom it should be reported. To encourage children and young people to report incidents of cyberbullying, reporting procedures should be clearly outlined

What we do : There is a bullying form available to anyone via their Year Group Team which now has the function to upload screenshots and evidence to the form

• Anyone who reports cyberbullying should be provided with the necessary support and reassured that reporting the bullying was the right course of action. Victims should be referred to the appropriate person for pastoral support, and procedures put in place to avoid further incidents. Staff should encourage students to take an active role in this process, so that they feel they are in control of the situation.

What we do : Students will always be supported in school and reassured that the process of investigation is designed to unpick what is happening

• Depending on the nature of the incident, offer students advice as to what their next steps should be. This could range from saving evidence, through to showing the student how to block someone, or change their privacy settings. The most important advice is to prevent the child from retaliating, as this will likely enflame the situation.

What we do : All students involved will be asked to block / unfriend known ring leaders, reinforcers and assistants identified during the investigation.
All students are advised not to retaliate but report it

• Where possible, take steps to contain the incident or advise the student how they can do this. This could include contacting the offender directly or contacting the appropriate service provider. Many websites or social networking sites will have a dedicated support service which can be used to report incidents of bullying or abuse. If the cyberbullying violates laws then the police should be contacted.

What we do : Students involved are requested to report the incident via the platform used (whatsapp, snapchat, tiktok etc) – as discussed during the Internet & You Safety Workshop, this is vital to make providers do their bit in supporting those targeted.

• Investigate incidents fully and keep a record of all actions. Many incidents of cyberbullying are carried out by someone known to the victim, so it may be possible to identify the offender, and if they are a student within the school, take the appropriate disciplinary steps.

What we do : The investigations follow a clear path and are recorded to be able to look for potential patterns in the school as a whole.
Disciplinary steps :
- **Misuse of phone – students who have misused their phone will have to sign their phone in at reception for an agreed period of time : 3 weeks / 6 weeks / 9 weeks.**
- **All students involved in the initiation, participation or support of bullying will have to attend a bullying workshop as an intervention from one of our external providers (Diana Trust / Kidscape)**

- All victims of bullying will be fast-tracked to Inclusion Support and given access to professional support from one of our external providers (Diana Trust / Kidscape)

• Work with those who are responsible for the bullying behaviour. Perpetrators of cyberbullying are also at risk of poorer health outcomes and may have been victims of bullying themselves. Advising them on how to use technology safely and responsibly, as well as encouraging them to think about how their actions affect others, may help to dissuade them from engaging in further bullying.

What we do : provide intervention support for all involved as mentioned above.
Invite anyone involved to reflect on their experience and join the Anti Bullying Ambassadors team in school to help other students deal with bullying.