



# Dalmain Primary School

Grove Close  
Brockley Rise  
Forest Hill  
London SE23 1AS

Tel 020 8699 2675  
[www.dalmain.lewisham.sch.uk](http://www.dalmain.lewisham.sch.uk)  
[admin@dalmain.lewisham.sch.uk](mailto:admin@dalmain.lewisham.sch.uk)

*Headteacher*  
Ms Erika Eisele  
*Deputy Headteacher*  
Mrs Sarah Rose

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Dear Parents/ Carers,

## Online safety / activities Newsletter No 11

This week I am covering **Online Bullying**. Online bullying can happen at any time and come in many guises. With everyone spending more time online at the moment, the opportunities for it to crop up have increased. This subject also enhances the messages the Thinkuknow activities are giving to your children as they complete them. I hope the information included will help you become fully informed around this issue and give you the knowledge of how to deal with it and who to contact if you need support. Should your child experience online bullying we request that you inform us on [admin@dalmain.lewisham.sch.uk](mailto:admin@dalmain.lewisham.sch.uk) to make us aware and to enable us to give support if needed.

Below I have included more Thinkuknow online safety activities for your child to do either alone or with you. Please remember completing these will help your child develop their online resilience. Here are the links:

### Home activity packs for ages 4-5

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-4-5s-home-activity-sheet-7.pdf>

### Home activity packs for ages 5-7

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-5-7s-home-activity-sheet-7.pdf>

### Home activity packs for ages 8-10

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-8-10s-home-activity-sheet-7.pdf>

### Home activity packs for ages 11-13

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-11-13s-home-activity-sheet-7.pdf>

## Online bullying

Online bullying (or cyberbullying) is that bullying which covers sending, posting, or sharing: negative, harmful, false, or mean content about someone, and can include using personal or private information to embarrass or humiliate someone.

Online bullying is unique because it is:

- Persistent – the internet is 24 hours a day, so it can be hard for kids to get away.
- Permanent – if content is not reported and removed it can impact your kids in the future.
- Hard to notice – as new apps and social media platforms become available, it can be hard to know what is happening.



## **How to keep your children safe from online bullying:**

- Set expectations and stay calm – talk to your children about what they do online and what you want them to do.
- Understand and evaluate the situation.
- Understand how your children are being affected.
- Don't take away their devices, as they might be receiving support from their friends as well.
- Work through a plan together – So that you all know what to do should a problem occur.

## **Mobile phones**

You can block phone numbers that are sending bullying or abusive messages. To find out how, search "how to block phone numbers" and the model of your child's phone. You can also contact your service provider to block numbers or disable the account that texts come from.

If bullying is happening, you can contact the school or your child's teacher.

Visit safety net kids for more information:

<http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>

## **Online bullying via social media**

You can deal with online bullying by reporting it to the social media platform. Instructions on how to report, lock content and unfriend people on social media is available here:

- [Facebook\(external link\)](#)
- [Snapchat\(external link\)](#)
- [Instagram\(external link\)](#)
- [YouTube\(external link\)](#)
- [Twitter\(external link\)](#)

As a lot of online bullying can start during playing online games or on Social Media, I have posted the following links to support you if you need to deal with an issue. It may be an idea to check your child's privacy settings to limit who they interact with.

## **Video games and online gaming**

You can find information on how to manage your child's account, age rating and parental controls on the following gaming platforms:

- [PlayStation\(external link\)](#) and [how to create a child account\(external link\)](#)
- [Xbox One\(external link\)](#)
- [Nintendo Switch\(external link\)](#) parental control
- [Steam family view\(external link\)](#) and [a guide for parents\(external link\)](#)
- [EA Origin\(external link\)](#) how to set up an account for your child

## **Privacy settings**

It is important to protect the information you and your child share online. If you're not careful, people can steal or misuse it.

On social media, both adults and children can share information, pictures, videos and messages. Lots of people can access your child's information without asking. Many social media platforms don't have privacy settings for profile pictures or basic information. You should:

- check the privacy settings of your child's social media accounts
- follow people your children have met in person and unfollow 'unofficial' pages
- turn off location sharing on social media platforms
- think about the content under basic information and what your child's profile picture is.

### **Privacy settings for online platforms**

Each online platform has information about its policies, tools and resources on safety:

- [Facebook Safety Center\(external link\)](#)
- [Google Safety Center\(external link\)](#)
- [Instagram Safety tools\(external link\)](#)
- [Oculus Safety Center\(external link\)](#)
- [Snapchat Safety Center\(external link\)](#)
- [Twitter: A safer Twitter\(external link\)](#)
- [Xbox Responsible Gaming\(external link\)](#)
- [TikTok: Privacy & Safety\(external link\)](#)

Please let us know if there is anything in particular you would like us to cover for you or anything you feel you would like to have more information about and as always, please remember:

If you're worried that a child is at risk of harm online, you should call the police. Children can make a report to CEOP at <https://www.ceop.police.uk/safety-centre/>.

If you have any concerns at all as well as reporting them online, please alert us to them as well so we can look into them / investigate any site issues, this will help us safeguard other children and possibly alert other parents to potential issues. Please email us at [admin@dalmain.lewisham.sch.uk](mailto:admin@dalmain.lewisham.sch.uk)

Yours sincerely,

**Mrs Woodhall**  
**Safeguarding & Behaviour Lead**