



"Be yourself, be anything, we are the future."

TGMS 2023-24

Assembly Agenda:

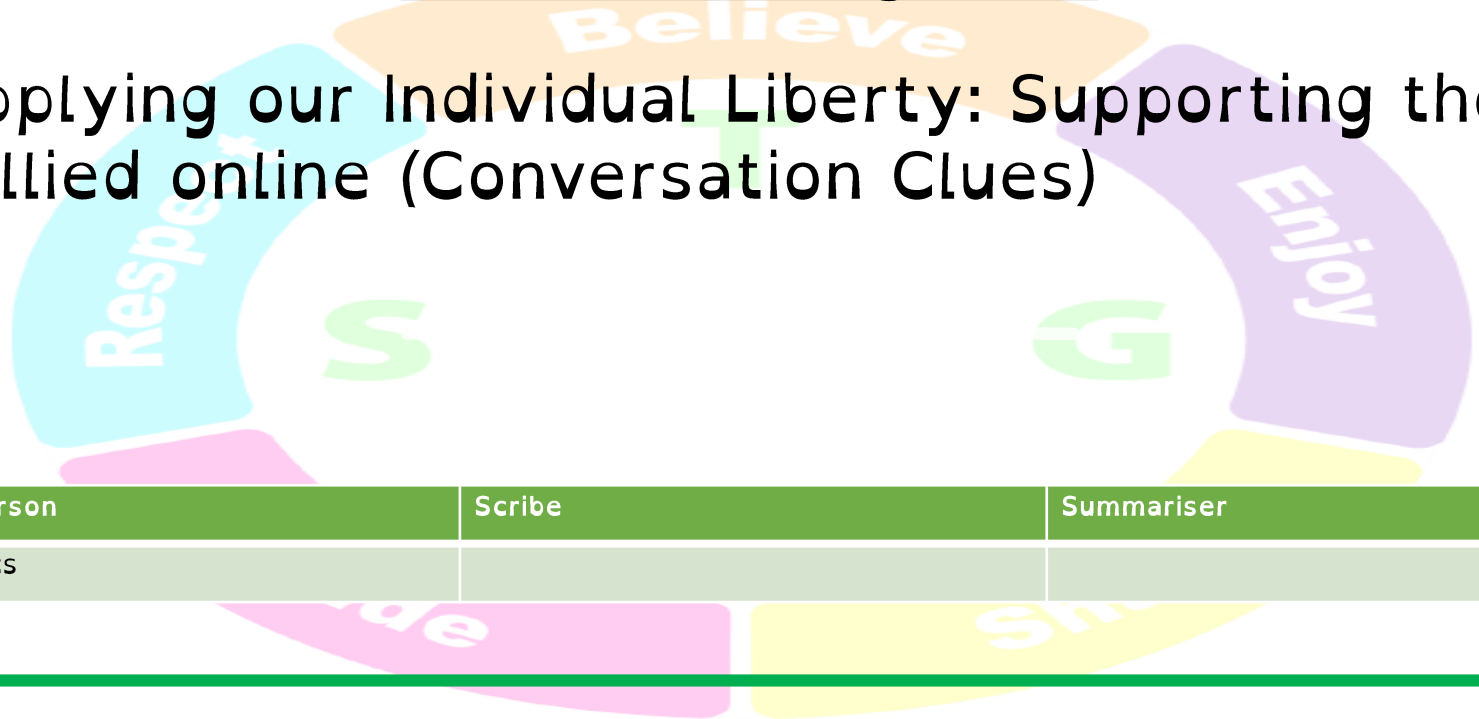
- Applying our Individual Liberty: Supporting those bullied online (Conversation Clues)

Chairperson

Mr Isaacs

Scribe

Summariser





Ages 7-11

Conversation Clues

I can explain how anyone can get help if they are being bullied online and identify when to tell a trusted adult.

I can identify a range of ways to report concerns and access support both in school and at home about online bullying.

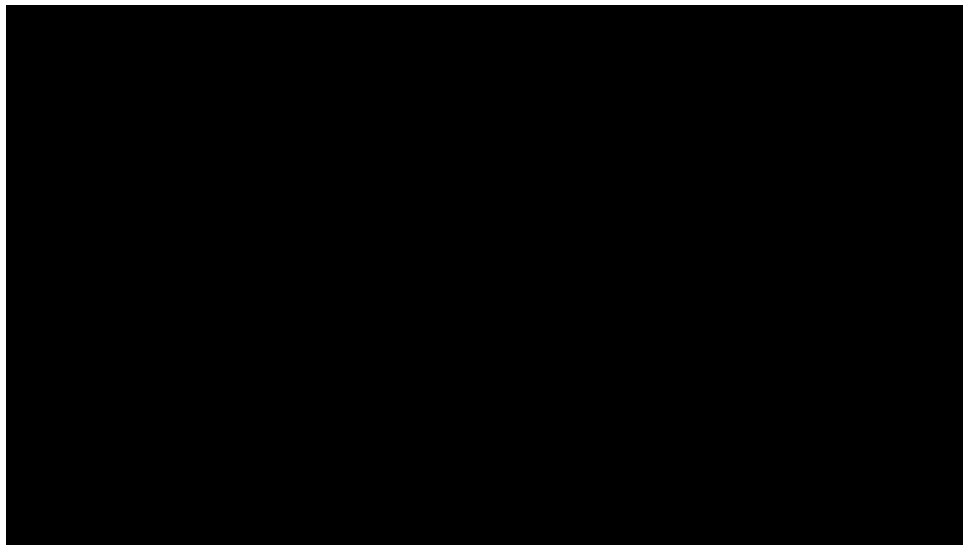
I can describe the helpline services which can help people experiencing bullying, and how to access them (e.g. Childline or The Mix).





Ages 7-11

● Is it Cyberbullying?



- This video explains whether certain online behaviour is or isn't cyberbullying. You'll also learn tips about what you can do if you or someone you know is being cyberbullied.



Ages 7-11

Signs & Symptoms activity

Think about how someone would act online if they were being bullied online. Think about their social media, texts, status etc.

Sharing statuses that show they are sad, hurt or upset

Crying or being sad when others talk about being online

Swearing or rude language online

Using emojis that show happy, sad or angry faces

Extreme reactions online

Being mean or bullying others

Refusing to go online

Not wanting to play an online game anymore

Put on a brave face - try to pretend they're OK



● Recognising the Signs

- Pay attention to sudden changes in behaviour, such as becoming withdrawn, anxious, or upset after using digital devices.
- Watch out for signs of reluctance or fear when going online or using social media.
- Be aware of unexplained changes in friend groups or a sudden decline in academic performance, as these can be indicators of online bullying.



Ages 7-11

What can you do if you think someone is being bullied online?

- It's important that you ask the person what they want to happen.
- They might just want to talk to you about it.
- If you're really worried about someone you think is being bullied, it's important to talk to a trusted adult.



Ages 7-11

Be an Upstander, Not a Bystander

- Speak up if they see someone being bullied online.
- Reporting incidents to a trusted adult, teacher, or school counsellor.
- Be supportive and kind, both online and offline, to create a positive online environment.



Ages 7-11

If you knew someone was being bullied online, what could you do? What could you say?





Ages 7-11

Scenario 1



A boy guesses a girl's gaming password. He logs into her account and steals all her gaming items. At school, he tells her that "Girls are too stupid to game". Other girls are angry and ask the boy to apologise and give back the items but he refuses.

The girl wants to keep playing the game and make sure it doesn't happen again.

What could you do or say?



Ages 7-11

Scenario 2



Someone shows you a video on their mobile. It's an embarrassing video of a boy in your class. It's clear the boy thought he was alone and didn't know he was being filmed.

What could you do or say?



Ages 7-11

Scenario 3



In the class group chat, everyone talks about one of the boys as if he's really annoying. The boy told you he ignores it and doesn't want to talk to the teacher about it. He asks you not to say anything either. You think he's trying to hide how upset he is.

What could you do or say?



Ages 7-11

Scenario 4



An anonymous account keeps sending upsetting pictures to your friend. They've tried ignoring it but it's really getting them down. They haven't told their parents because they're worried they'll take their account away.

What could you do or say?



Ages 7-11

Who else can help me?



Childline: 0800 11 11

**National Bullying Helpline:
0300 323 0169**



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Collective Worship @ TGMS

Thank you for bestowing upon us the gift of freedom, allowing us to pursue our dreams and live our lives with dignity. We acknowledge that this liberty is not a right to be taken for granted, but a responsibility to be cherished and protected. This also applies to our liberty online.

Grant us the wisdom of discernment and self-control; that we may find a healthy balance between our online lives and the world around them. Give us the strength to be an online Upstander.