



Support and Advice For Students 2020-21



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Keep yourself safe

What to do

Feeling unsafe or being hurt, in any situation, in any way, can be really upsetting. Being sent an abusive or threatening text message, seeing nasty comments about yourself on a website or by email or being harassed in any way is not acceptable. Being asked to send inappropriate photographs of yourself is also not right and against the law. The following information gives you important tips to protect yourself and others from getting caught up in cyberbullying and other upsetting situations. It also gives advice on how to report it when it does happen.

Always respect others

Remember that when you send a message to someone you cannot see the impact that your words or images may have on the other person. That is why it is important to always show respect to people and be careful what you say online or what images you send. What you think is a joke may really hurt someone else. Always ask permission before you take a photo of someone. Remember it is against the law and you are committing an offense if you send indecent photographs of anyone under 18 years of age.

If you receive a rude or nasty message or picture about someone else, do not forward it. You could be assisting a bully, and even be accused of cyberbullying yourself. You could also be breaking the law.

Think before you send

It is important to think before you send any images or texts about yourself or someone else by email or mobile phone, or before you post information on a website. Remember that what you send can be made public very quickly and could stay online forever. Do you really want your teacher or future employer to see that photo?

Treat your password like your toothbrush

Don't let anyone know your passwords. It is a good idea to change them on a regular basis. Choosing hard-to-guess passwords with symbols or numbers will help stop people hacking into your account and pretending to be you. Remember to only give your mobile number, personal email and social media links to trusted friends.

Block the Bully

Most responsible websites and services allow you to block or report someone who is behaving badly. Make use of these features, they are there for a reason!

Don't retaliate or reply!

Replying to bullying messages, particularly in anger, is unwise, as this is just what the bully wants. Don't respond but keep the messages for evidence. Then talk to someone you trust like one of the Student Support Team.

Save the evidence

Learn how to keep records of offending messages, pictures or online conversations. These will help you demonstrate to others what is happening, and can be used by College, internet service provider, mobile phone company, or even the police, to investigate the cyberbullying.

Make sure you tell

You have a right not to be harassed, hurt or bullied by anyone. If anything is happening in your life which is causing you hurt or harm you must tell someone.

There are people that can help:

- Tell an adult you trust, who can help you to report it to the right place, or call a helpline like ChildLine on 0800 1111 in confidence
- Tell the provider of the service you have been bullied on (eg your mobile phone operator or social network provider). Check their websites to see where to report
- **Tell someone you trust in college.** They can support you and can discipline the person bullying you or help you report what is happening to the right person.

Is there anything else I can do?

Yes

- You might want to arrange to change your mobile number
- Keep a record of your SIM number (18 digit code) and the IMEI number of the mobile handset which can be found under the battery or by pressing *#06#
- Try changing your online user ID or nickname
- Remember what is personal and public information

Remember all text messages and voice calls can be linked to the person who made them.

Finally, don't just stand there – if you see cyberbullying going on, support the victim and report the bullying. How would you feel if no-one stood up for you?

People who can help me at Darlington College

COLLEGE SAFEGUARDING TEAM	
Julie Davison, Student Services Manager and Safeguarding Manager	01325 503036
Hildy Gardner, Safeguarding and Transition Officer	01325 503033
Carole Todd, Deputy Principal	01325 503178
STUDENT SUPPORT ADVISERS	
Jenny Ellis (Safeguarding)	07484 500690
Colin Leek	07740 844187
Julie Fraterrigo	07809 547945
COLLEGE COUNSELLOR	
Audrey Andrews	07740844179

My personal Tutor's contact details:

Name: Email:

Progression Coach Tel: Email:

Useful websites

- www.ceop.gov.uk
- www.stopcyberbullying.org
- www.kidscape.org.uk
- www.virtualglobaltaskforce.com
- helpline@saferinternet.org.uk

- www.bullying.co.uk
- www.childline.org.uk
- www.direct.gov.uk
- www.nspcc.org.uk
- www.thinkuknow.co.uk