



# E-Safety and Anti-Bullying Champions Newsletter



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## Welcome

Welcome to the Pan-Dorset E-safety and Anti-Bullying champions newsletter. We hope this newsletter will help you to stay up to date with current issues in E-safety and Anti-Bullying and allow champions to share information and best practice. Please contact the SSCT (see Page 2) to obtain or share information.

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## Online Radicalisation

One of the risks faced by young people online is that they may come across material or meet people who seek to encourage extremist views including support for violence or terrorism. Extremist and terrorist groups are trying to radicalise young people through an extensive use of social media and the internet and teachers and other professionals need to be aware of these risks.

One of the most severe risks is that Islamic State is trying to recruit young people, and some, as young as 14 have tried to leave the UK to join IS in Syria and Iraq. The DfE have produced a Guide to how social media is being used by IS; available here:  
<https://www.gov.uk/government/publications/the-use-of-social-media-for-online-radicalisation>

The guide:

- includes a short summary of some of the main Islamic State propaganda claims
- identifies social media sites which IS is using

- advises what actions schools and teachers should take to protect pupils

Further details about online radicalisation can be found here:

<http://www.internetmatters.org/issues/radicalisation/?qclid=CPy-uaj-2skCFQw6GwodKTsEIA>

Should you suspect that any children or young people are at risk of radicalisation there is a mechanism for referral of individuals to a multi-agency safeguarding arrangement, known as Channel. For Dorset this is through the Safeguarding Referral Unit at Dorset Police email: [sru@dorset.pnn.police.uk](mailto:sru@dorset.pnn.police.uk)

Unlike other safeguarding arrangements, Channel has access to specific intervention providers, who will work with individuals to disengage them from extremism.

*Andy Williams, Community Safety Manager,  
Bournemouth Borough Council*

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### Dorset Anti-Bullying & E-Safety Conference 2015

Dorset's Anti-Bullying and E-Safety Conference was held this year at the Dorchester Youth Centre on Monday 12th October. The stimulating, high energy day was attended by 90 children and young people from across the Dorset County Council area representing 31 schools. The children & young people attended a range of workshops including 2 delivered by young people from the Dorset Youth Council whilst the adults attended a workshop on the Safe Schools & Communities Team Triage System.

The workshops delivered by the young people from the Dorset Youth Council included one on tackling bullying in schools using a child centred approach. This was the culmination of a project started at Middle school by sisters Sophie and Sarah Trot. The workshop focused around what young people want when they tell someone that they are being bullied and the need for schools to listen to how individual children and young people feel and what they want to happen. The workshop had great feedback from the children and young people who attended as well as from some adults who said that it was really good that young people were running the sessions as it made the session seem more real and the young people were more likely to be honest and to say how they really felt not how they thought they should answer.

The second workshop delivered by a member of the Dorset Youth Council, Crystal Lily Mills, aimed to raise awareness and challenge negative stereotyping of Lesbian, Gay, Bisexual and Transgender young people. Crystal's interactive and fun workshop designed to get young people thinking outside of the box by placing themselves in the position of others and how easy it is to judge someone based on their appearance went down extremely well with the young people that attended.

The Dorset Safe Schools and Communities Team also provided workshops on cyberbullying as part of the E-safety strand for both primary and secondary students, and a presentation to professionals explaining how Dorset Police's Triage system for schools incidents works.



The day culminated with all of the schools developing their Anti-Bullying and E-Safety Action plan including activities that would take place in their school's during Anti-Bullying Week which commenced on 16th November. The Dorset Anti-Bullying and E-Safety Group would like to thank all those who attended the event and helped to organise the day, including Dorchester Waitrose who supplied some fruit for our participants.

### NSPCC Shareaware Teaching Resources

The NSPCC have prepared some E-safety educational material for KS2:

- Two easy-to-use lesson plans that are appropriate for Key Stage 2.
- Two presentations for use in class.
- Supporting information and resources for teachers, pupils and parents/carers.

<http://www.nspcc.org.uk/shareaware-schools>



**Teaching resources**

**Lesson plan 1: Alex**  
Use this lesson plan alongside the Alex slide presentation to teach pupils the dangers of sharing pictures online.

**Lesson plan 2: Lucy**  
Use this lesson plan alongside the Lucy slide presentation to teach pupils the risks of chatting to strangers online.

**Alex and Lucy slide presentations**  
PowerPoint slides for you to use in class alongside lessons 1 and 2.

### SSCT Contact Details

SSCT, Dorset Police, Verwood Police Station,  
Station Road, Verwood. BH31 7PU.

Tel 01202 222844.

Email: [ssct@dorset.pnn.police.uk](mailto:ssct@dorset.pnn.police.uk)

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### Safer Internet Day 2016 Tuesday 9<sup>th</sup> Feb

Only a few weeks to go until Safer Internet Day – some ideas for getting involved.

1. Focus on e-safety in assemblies, lessons or form time using the resources in our Safer Internet Day education packs
2. Run a competition. For example, Arundel C of E Primary School shared in the Supporters list that they are going to be running a poster competition for SID2016!
3. Display the Safer Internet Day posters in your venue (find these in the education packs)
4. Get creative! Why not encourage young people to produce an app, game or video?
5. Get young people to take the lead. For example, Loughton School are going to have an assembly run by their Digital Leaders for SID2016, and we know that schools last year brought together older pupils with young pupils
6. Reach out to parents and carers using the Safer Internet Day parent pack, which includes a template letter, resources and a ready-to-use presentation. Why not invite parents/carers along to an assembly where they can hear directly from pupils?

For more information for schools

<http://www.saferinternet.org.uk/safer-internet-day/2016/information-for-schools>

Why not take part in the #shareaheart campaign?



### Dorset Police Hate crime reporting app

Hate crimes are targeted at a person because of hostility or prejudice towards the person's:

- Disability
- Race or ethnicity
- Religion or belief
- Sexual orientation
- Transgender identity

This can be in the form of verbal abuse, physical assault, domestic abuse, harassment and damage to property.

If someone is bullied as a result of their disability, race, religion, sexual orientation or transgender identity this is also dealt with, either as a Hate Crime or non-crime Hate Incident. Bullying can be name-calling, being spat at or kicked, or having your things taken or damaged.

While these hate crimes and incidents can be reported to the police via the usual routes, there is also now the option to report them via the Dorset Police Hate Crime 2 app available for iPhone or Android.

For more information, see the Dorset Police website

<http://www.dorset.police.uk/default.aspx?page=377>



## SSCT E-safety and Anti-Bullying Champions Newsletter Spring 2016

### Cyberbullying

#### Definitions

Bullying is behaviour that hurts someone else, and it usually occurs over a long period of time.

Cyberbullying is bullying that is carried out via digital technology. It includes but is not limited to: sending threatening or abusive text messages; creating and sharing embarrassing images or videos; 'trolling' - the sending of menacing or upsetting messages on social networks, chat rooms or online games; excluding children from online games, activities or friendship groups; setting up hate sites or groups about a particular child; encouraging young people to self-harm; voting for or against someone in an abusive poll; creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name; sending explicit messages, also known as sexting; pressuring children into sending sexual images or engaging in sexual conversations (NSPCC).

#### Signs and symptoms

It can be very difficult to spot the signs that a child is being cyberbullied, and no individual sign will confirm that bullying is happening. Parents and professionals need to look out for signs such as changes in behaviour; becoming distressed or withdrawn; not wanting to go to school; sleeping or eating poorly; being secretive about use of their phone or tablet; or having problems with friends. Cyberbullying, as with all bullying, can lead to mental health issues – if this seems to be the case, the young person should be seen by their GP.

#### How to help

Try to help young people by talking to them about cyberbullying and make sure they know who to go to if they have problems. If they do have a problem, talk to them about what choices they have in dealing with the cyberbullying. The issue should usually be raised with the school (or other organisation) involved in the

bullying. All schools must have robust anti-bullying policies and procedures, which includes dealing with cyberbullying. The young person may need some technical assistance to block bullies online or to make their accounts private. In addition, evidence of the bullying may need to be saved, for example as screenshots, or logs made to provide evidence. Parents can also encourage the child to do activities they enjoy which can help build confidence, self-esteem and friendships.

Parents need to be aware of the further action that may be required if the school or organisation's response is not satisfactory. This will vary depending on whether the school is a maintained (local authority) school, academy or private/independent school.

Rarely, cyberbullying may be found to be against the law, particularly where it involves serious threats to harm or hate messages.

For further information:

<http://www.anti-bullyingalliance.org.uk/>

The Anti-Bullying Alliance contains resources and advices for all forms of bullying, including bullying of those people with special educational needs and disabilities.

<https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/>

The NSPCC has advice for young people, parents and professionals on how to deal with bullying, including detailed instructions on how to pursue a complaint if you are not happy with a school's response.

#### NSPCC Helplines

Adults concerned about a child: 0808 8005000

Children and young people (ChildLine): 0800 1111

NSPCC E-safety Helpline: 0808 8005002

### E-safety and Mobile phone policies

Has your organisation updated its E-safety and mobile phone policies for professionals and young people to include different devices such as tablets and wearable technology such as smart watches?

If not, why not make it a New Year's Resolution....?

## SSCT E-safety and Anti-Bullying Champions Newsletter Spring 2016

### E-safety training courses 2016

The following courses are available in the next few months. For more details see your CPD provider for a booking form or contact [ssct@dorset.pnn.police.uk](mailto:ssct@dorset.pnn.police.uk)

Course	Aimed at	Content	Dates/Locations
E-safety Training (£25 per person)	Professionals working with children, but especially relevant to those with safeguarding responsibilities	<ul style="list-style-type: none"> <li>• What are the risks to young people?</li> <li>• Specific issues of concern eg cyberbullying, viewing inappropriate material, sexting, grooming and child sexual exploitation, radicalisation</li> <li>• Current games/apps and websites</li> <li>• Reducing the risks</li> <li>• E-safety policy and procedure</li> <li>• Dealing with E-safety incidents</li> </ul>	<p>Friday 5th February 2016 0930 -1230 Bournemouth Learning Centre</p> <p>OR</p> <p>Tuesday 19th April 2016 0930 -1230 Woodhouse Gardens Pavilion, Blandford Forum</p>
Think U Know (Free of charge)	Professionals needing to deliver E-safety to young people	<ul style="list-style-type: none"> <li>• Background information around risks and the work of CEOP</li> <li>• Exploration of CEOP materials including a number of films and the ThinkUKnow secondary education tool</li> </ul> <p>Attendance on this course will give delegates access to additional material to download from the ThinkUKnow site including films, lesson plans and activities. This will allow schools to demonstrate to Ofsted that they have a TUK trained member of staff and give staff the skills to promote E-safety in their organisation.</p>	<p>Tuesday 2nd February 2016 0930 -1300 Hamworthy Fire Station, Poole</p> <p>OR</p> <p>Monday 21st March 2016 0930 -1300 Woodhouse Gardens Pavilion, Blandford Forum</p>
E-safety champions Update (Free of charge)	Organisational E-safety champions	<p>Content: will vary depending on sessions but will typically include</p> <ul style="list-style-type: none"> <li>• National and Dorset research and statistics</li> <li>• Latest trends in games/apps/websites</li> <li>• New resources for organisations</li> <li>• Opportunities to network</li> <li>• Case studies</li> <li>• Support with policies and procedures</li> </ul>	<p>Tuesday 19th April 2016 1330 – 1630 Woodhouse Gardens Pavilion, Blandford Forum</p>