

INFORMATION FOR STUDENTS ON BULLYING

IN GENERAL:

- Remember, being the target of bullying of any sort is **NOT** your fault.
- You have a right to be safe and to be respected.
- In Gallen Community School we actively promote all students, including bystanders, to adopt a **“Talk and Tell”** approach i.e, by **tell someone in school, at home or a friend** if you are being bullied .

SMS:

- Turn off incoming SMS for a few days
- Consider changing your number
- Don't reply
- Don't delete . these messages can be used as evidence

DEALING WITH NUISANCE TELEPHONE CALLS:

- Don't hang up right away . walk away, and hang up after a few minutes
- Always tell someone
- Don't give out personal details
- Keep a record of all calls to use as evidence

E-MAIL SAFETY:

- Don't respond to ~~flames~~ (unwanted e-mails)
- Keep e-mails as evidence, and find out who sent them
- Don't open files from people you don't know

WEBSITES / APPS:

- Remember, people can pretend to be someone else on-line
- Be extremely careful what you post, and how you react to posts
- On a public site you have little control concerning what is posted
- Anything can be re-posted, cut and pasted, re-edited . and information and pictures can be there forever
- Be careful with your passwords and maximise privacy settings
- Threatening and illegal behaviour should be reported
- Follow safety and reporting systems on social networking sites themselves
- Keep complaining, and get help for yourself by telling
- Remember, Facebook sometimes does NOT do anything about complaints
- Recognise Internet ~~trolling~~ for what it is, and do NOT respond to it