



Anti-Bullying Week 2020



Cyberbullying was discussed across the school recently as part of anti-bullying week. The children discussed how to deal with cyberbullying and what it could look like in different circumstances.

Children redesigned this poster and a number of their designs are now being displayed around school

promoting how to deal with cyberbullying.

As parents and carers, we all want our children to be happy and safe and it is natural to worry about bullying - particularly if we have experienced bullying ourselves, or we think our child may be more vulnerable to bullying.

As a parent or carer, you are a vital piece of the puzzle in tackling bullying. You have a unique role to play in guiding and supporting your child through their school years and there are lots of positive steps you can take to help keep your child safe from bullying and harm. One of the steps is knowing when to ask for support.



Pupil voice – What are the children saying?



In order for us to support the children in being good digital citizens, it is imperative we understand their views and concerns about online safety. Each half term, a group of children of all ages from across the school, will meet with Mr Gooding to discuss online safety.

This time around, the children across KS2 shared their opinions on online safety, here are some of the things they had to say:

"We would like parents to understand more about what we do online, especially our games"

"I tend to get frustrated when I play online, that's when I can make poor decisions about my behaviour"

"I just feel like I get sucked in, I watch one thing and then there is always something else to watch right there"

"I know I shouldn't keep playing my games but I does help me relax and that's good"

Talking to your children about Online Safety and their use of technology



The NSPCC offers some excellent advice on how to start a conversation with your child about online safety.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

It can be difficult to know how to start talking to your child about what they're doing online or who they might be speaking to. But talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they're more likely to come and speak to you. It can help to:



- Reassure them that you're interested in their life, offline and online.
- Recognise that they'll be using the internet to research homework as well talking to their friends.
- Ask your child to show you what they enjoy doing online or apps they're using so you can understand them.
- Be positive but also open about anything you're worried about.
- Ask them if they're worried about anything and let them know they can come to you.
- Ask them about their friends online and how they know they are who they say they are.
- Listen for the reasons why your child wants to use apps or sites you don't think are suitable, so you can talk about these together.