



Safeguarding Update

February 2019

Issue 12

What is cyberbullying?

Cyberbullying is bullying that takes place online. Unlike bullying in the real world, online bullying can follow the child wherever they go, via social networks, gaming and mobile phone.

Types of cyberbullying can include:

- sending threatening or abusive text messages
- creating and sharing embarrassing images or videos
- trolling – sending menacing or upsetting messages on social networks, chat rooms or online games
- excluding children from online games, activities or friendship groups
- 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.

Signs of bullying

No single sign will indicate for certain that your child's being bullied, but watch out for:

- belongings getting 'lost' or damaged
- physical injuries, such as unexplained bruises
- being afraid to go to school, being mysteriously 'ill' each morning, or skipping school
- not doing as well at school
- being nervous, losing confidence, or becoming distressed and withdrawn
- problems with eating or sleeping
- bullying others

What to do if your child is being bullied

You'll likely experience a huge range of emotions if you discover a child's being bullied. However hard it is, try to stay calm and don't jump to conclusions. They may be really worried about talking to you about the bullying, and scared it'll make the situation worse.

- Talk to them about bullying and cyberbullying
- Let them know who to ask for help
- Help them relax and take a time out
- Report bullying videos shared online
- Talk to your child's school

Surrey Safeguarding Children's Board

Call us on
01372 833330

Healthy Surrey

A new
campaign
from Public

Health England (PHE) is helping parents in Surrey to "Make a swap when you next shop" to halve their children's sugar intake from some everyday food and drinks.

Children have already exceeded the maximum recommended sugar intake for an 18 year old by the time they reach their tenth birthday, according to Public Health England (PHE).

To help parents manage this, Change4Life is encouraging them to make simple everyday swaps to reduce children's sugar intake from some products by half.

Parents can try swapping:

- higher-sugar yoghurt (e.g. split-pot) for a lower sugar one, to halve their sugar intake from 6 cubes of sugar to 3;
- sugary juice drink for a no-added sugar juice drink, to cut back from 2 cubes to half a cube;
- higher-sugar breakfast cereal (e.g. a frosted or chocolate cereal) for a lower sugar cereal, to cut back from 3 cubes to half a cube per bowl.

Safer Internet Day 2019 will be celebrated on Tuesday 5th February



The aim of Safer Internet Day is to inspire a national conversation about using technology responsibly, respectfully, critically and creatively.

To help you talk to your children about having a positive and safe time online, we have created a pack for parents and carers, including conversation starters, a factsheet, family pledge card and more!

www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2019/

Childline
0800 11 11