

Online Safety and Anti-bullying

If you need to contact us...

This presentation will be covering topics you may find upsetting.

We will be talking about **bullying**.

You will also see video clips talking about these subjects.

If you have been affected by anything in this session and/ or find it hard to complete, we understand and respect your wishes. We recommend you contact us discuss further.

Please make a note of our contact details before you go any further.

You can contact the Safeguarding and Wellbeing team (details on next slide)



How to contact the Safeguarding and Wellbeing team

Tel: 01274 088999 or 07872 052703

Email: safeguarding@bradfordcollege.ac.uk

In person:

Main Campus (David Hockney Building, Lister Building and the Advanced Technology Centre)

Location: Second floor, David Hockney Building (DHB)

Opening times: Monday to Thursday 8.30am to 4.30pm

Trinity Green Campus

Location: Student Services Zone, Ground floor (just beyond reception)

Opening times: Monday to Thursday 8.30am to 4.30pm

Bowling Back Lane Campus

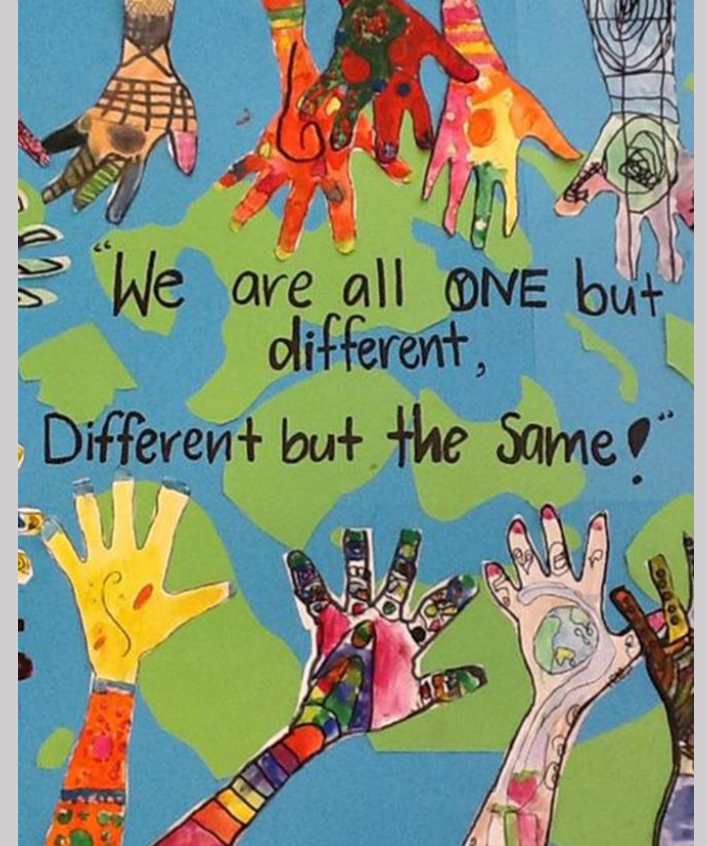
Location: Unit 3, Refectory

Opening Times: Monday to Thursday 8.30am to 4.30pm



Learning objectives

- To be able to understand what bullying is and learn the different types of bullying.
- To raise awareness of why a person might become a bully.
- To be able to talk about the difference between banter and bullying.
- To be able to understand cyberbullying.
- To be able to talk about the impact of bullying and mental health.
- To look at the Online Safety Bill
- To think about what we can do as individuals to stop bullying.





So, what is **bullying**?

Discuss with a partner and think of some examples of bullying.

Share with the class when you are ready.



4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking, slapping, pinching

Spitting

Tripping, pushing

Stealing or destroying someone's possessions

Making mean or rude hand gestures

VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or racist remarks

Inappropriate sexual comments

Taunting

Threatening to cause harm

SOCIAL Bullying

Lying & spreading rumors

Leaving someone out on purpose

Telling others not to be friends with someone

Embarrassing someone in public

Damaging someone's social reputation or relationships

CYBER Bullying

Posting/sending hurtful texts emails or posts, images or videos

Making online threats

Imitating others online or using their log-in

Deliberately excluding others online

Spreading nasty gossip or rumors

**DITCH THE
LABEL** YOUR WORLD, PREJUDICE FREE .

**1 IN 2 PEOPLE EXPERIENCE BULLYING
SO YOU'RE REALLY NOT ALONE.
IT'S OK TO TALK ABOUT IT.**

WWW.DITCHTHELABEL.ORG

Bradford College

Anti-bullying Week

This year, Anti-bullying week took place on November 13th to November 17th. We took a look at making a noise about bullying and not standing quietly when we see these people being treated unfairly. The goal of anti-bullying week is to raise awareness of bullying, especially involving children and young people. It highlights ways to prevent and respond to it effectively. Anti-bullying week is organised by the anti-bullying alliance in England, which is made up of 140 member organisations. Odd socks day on Monday 13th was a great way to celebrate what makes us unique in anti-bullying week!



Anti-Bullying Week 2023

This year's theme for anti-bullying week is a result of a consultation with teachers and pupils across England, Wales and Northern Ireland. Teachers and children wanted an empowering theme which inspires others to do something positive in the face of the harm and hurt that bullying causes.

*“Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as ‘just banter’.
It doesn't have to be this way.*

Of course, we won't like everyone and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.”

A common misconception...

I am bullied for my
race, religion or
culture.

I am bullied for my
sexual or gender
identity, or my
fashion sense.

I am bullied for my
line of work or
weight.

This is not the case!

What makes a bully?

A bully is someone who;

- Hurts or frightens someone consistently.
- Forces someone to do something they don't want to do.

The facts;

- 97% of individuals who engage in bullying have been bullied by others.
- Children who have experienced abuse at home or at school are more likely to go on to bully others.
- Traits such as sadism and aggression may be learned and absorbed at a young age.
- Insecurity is a significant underlying factor that drives a bully's behaviour.





Lets clear something up.



Banter	Bullying
<p>Your friend makes a joke about your new haircut to you, and you respond that, “even with a bad haircut I get more attention than you!”</p>	<p>Your friend makes jokes about your new haircut, that they know you feel insecure and embarrassed about, in front of the whole class. There's a power imbalance too, because there's an audience. You get visibly upset. But the ‘banter’ continues in public all week.</p>

“But its just banter...”

What a dangerous phrase this can be.

Even if you meant it as a joke, **it’s best to apologise** straight away if you made someone feel upset. Try not to argue about how you intended the joke to be taken, not everyone thinks the same as you and some people have good reason to be sad.

If you see that someone is clearly not taking someone's banter as a joke, **reach out** to them and ask them if they are ok.

If you feel like someone is taking it too far in a group chat, point out to them that what they are saying can be taken the wrong way. When they realise how they are making the other person feel, they’ll most likely let up. And if they don’t, **report it!**

Cyber Bullying

Cyberbullying is bullying that takes place **online**. Unlike bullying offline, online bullying can follow the person wherever they go, via social networks, gaming and mobile phones.



How is cyberbullying different to 'traditional' bullying?

Cyberbullying means;

- 24/7 nature – people can be contacted at any time of the day, everyday.
- Photos that cant be removed.
- A wider audience.
- Evidence – a lot of cyberbullying incidents allow those experiencing it to keep evidence, such as, screenshots. These can be showed to the police if needed.
- The potential to hide your identity – this can make cyberbullying even scarier for victims.
- A degree of separation – people who cyberbully don't often see the reaction of their victims, and it is harder to see the impact of their actions.



Online Safety Bill

A new law has been passed for the online safety bill. The new law puts the onus on firms to protect children from some legal but harmful material, with the regulator, Ofcom, being given extra enforcement powers.

It introduces new rules such as requiring pornography sites to stop children viewing content by checking ages.

Platforms will also need to show they are committed to removing illegal content including:

- child sexual abuse
- controlling or coercive behaviour
- extreme sexual violence
- illegal immigration and people smuggling
- promoting or facilitating suicide
- promoting self-harm
- animal cruelty
- selling illegal drugs or weapons
- terrorism

Other new offences have been created, including cyber-flashing - sending unsolicited sexual imagery online - and the sharing of "deepfake" pornography, where AI is used to insert someone's likeness into pornographic material.



What does the Online Safety Bill do?

- Powers in the act that could be used to compel messaging services to examine the contents of encrypted messages for child abuse material have proved especially controversial.
- Platforms like WhatsApp, Signal and iMessage say they cannot access or view anybody's messages without destroying existing privacy protections for all users and have threatened to leave the UK rather than compromise message security.
- Proton, a mail platform with a focus on privacy, says it would be prepared to fight the government in court if it is asked to alter its end-to-end encryption.
- Wikipedia has also previously said it would not be able to obey some of the act such as age verification
- While the act is often spoken about as a tool for reining in Big Tech, government figures have suggested more than 20,000 small businesses will also be affected.

How to stay safe on the internet...





S

Stay Safe

Don't give out your personal information to people / places you don't know.



M

Don't Meet Up

Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.



A

Accepting Files

Accepting emails, files, pictures or texts from people you don't know can cause problems.



R

Reliable?

Check information before you believe it. Is the person or website telling the truth?



T

Tell Someone

Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

© Teaching Ideas
www.teachingideas.co.uk

QUICK TIPS:

ONLINE SAFETY

Microsoft Education



The Law

Some forms of bullying are illegal and should be reported to the police.

These include:

- violence or assault
- theft
- repeated harassment or intimidation, for example, name-calling, threats and abusive phone calls, emails or text messages
- hate crimes



Video:

Anne-Marie: 'I didn't realise how much bullying was hurting me'

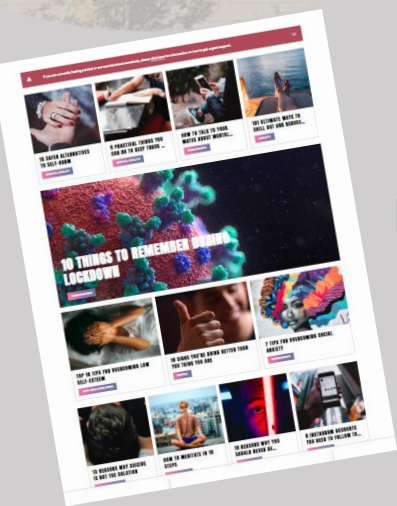
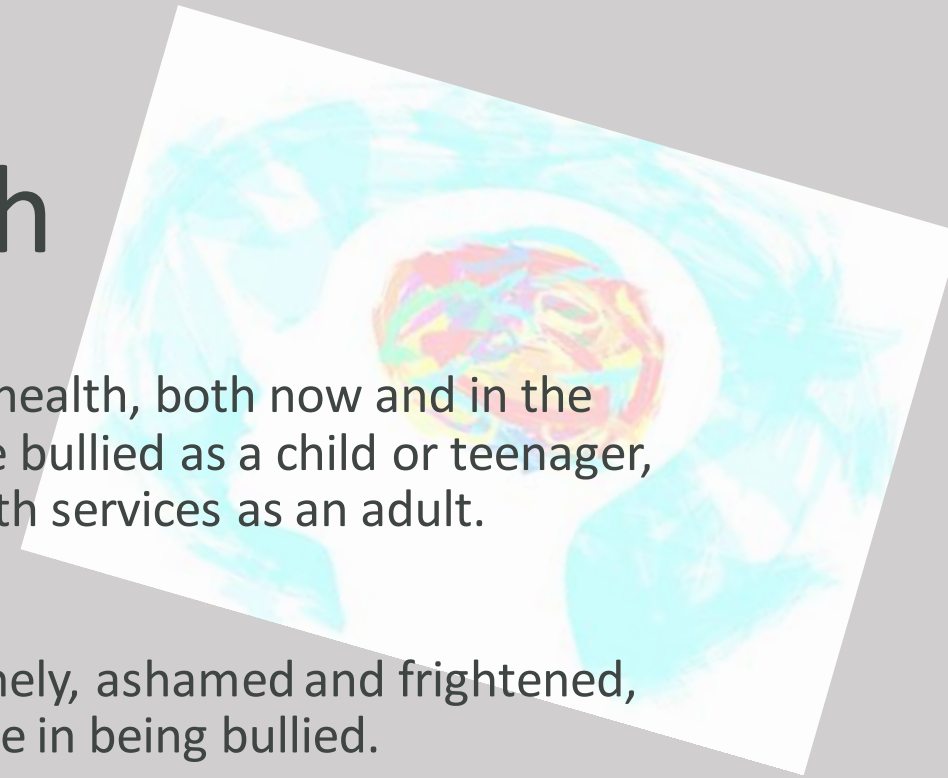


Mental Health

Bullying can have a massive impact on your mental health, both now and in the future. In fact, recent research has shown that if you're bullied as a child or teenager, you might be twice as likely to use mental health services as an adult.

Nobody deserves to be bullied. You may be feeling lonely, ashamed and frightened, but you're not alone, and there's no shame in being bullied.

It's important to get support if you're being bullied. There are lots of people who can help you.



Key Kindness Questions

1. Am I kind to myself?

2. Am I kind to others?

3. Are people kind to me?

4. Do I understand when people are kind to me?

5. Do I help people who are being bullied?

Kindness is a language that
the deaf can hear and the
blind can see.

One kind word can change
someone's entire day.

No act of kindness, no
matter how small, is ever
wasted.

Kindness begins with the
understanding that we all
struggle.

A kind gesture can reach a
wound that only
compassion can heal.

Kindness costs nothing,
but its value is
immeasurable.

Kindness is a gift that
everyone can afford.

Try to be a rainbow in
someone's cloud.






Think of 5 Times Someone
Showed You Kindness

How did it make you feel?



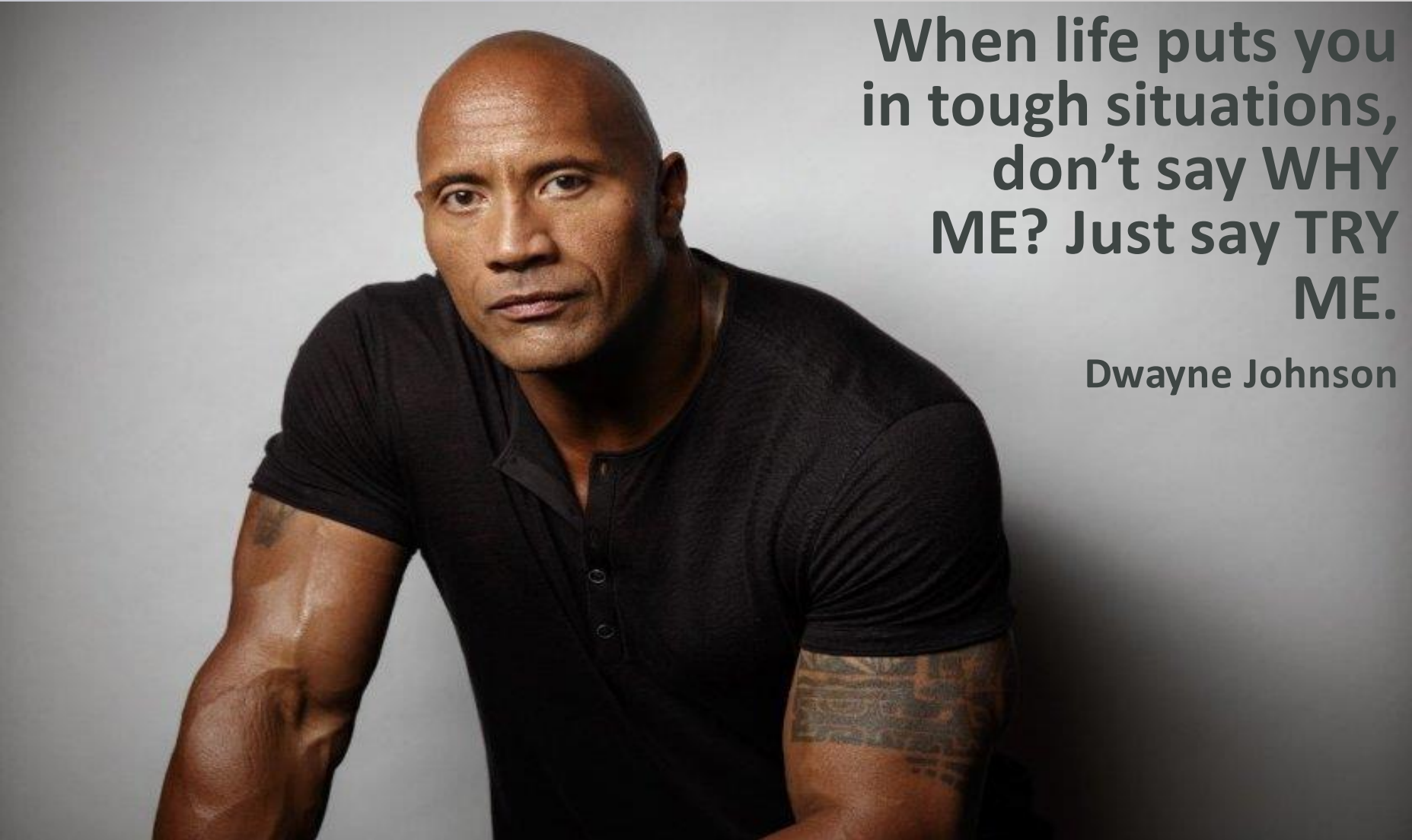
What It's Like To Be Bullied

I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS.



**“I WOULD LIKE ALL
GIRLS OUT THERE TO
ALWAYS REMEMBER
THAT DIFFERENCE IS
BEAUTY”**

Khoudia Diop
Fashion model and actress

A photograph of Dwayne Johnson, a muscular man with a shaved head, wearing a black polo shirt. He is leaning forward and looking directly at the camera with a serious expression. The background is a plain, light-colored wall. To the left of the main image, there is a faint, semi-transparent image of a modern building with several windows.

**When life puts you
in tough situations,
don't say WHY
ME? Just say TRY
ME.**

Dwayne Johnson

What support is available?

Don't stay silent, make some noise! Speak out and seek help with friends, family, Bradford college or other support organisations...



Contact us

You can contact the Safeguarding and Wellbeing Team on 01274 088999 or 07872 052703. Or you can email safeguarding@bradfordcollege.ac.uk

Alternatively, you can share your concerns with any member of staff within the college.

The Safeguarding and Wellbeing information desk is located in the David Hockney Building, second floor, room 15, we are available from Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm.

[Safeguarding Support \(bradfordcollege.ac.uk\)](http://bradfordcollege.ac.uk)

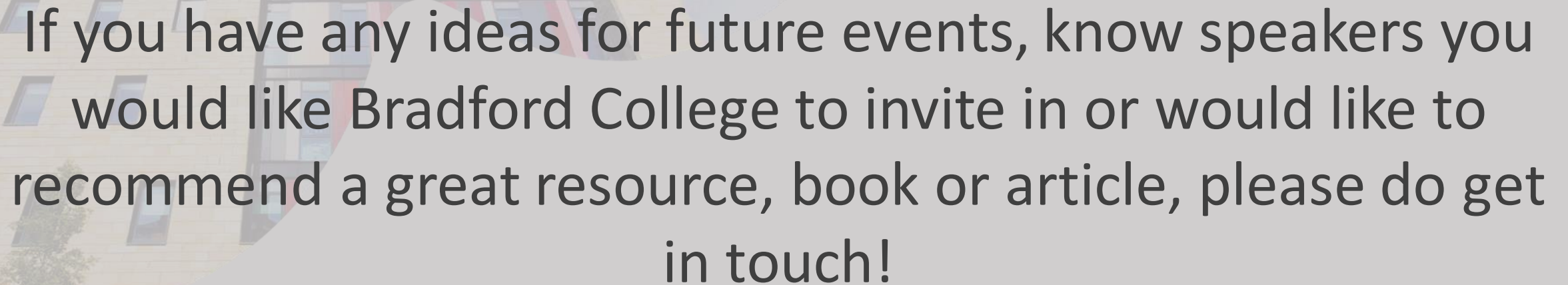
Take a moment to test your knowledge in this Online Safety and Anti-Bullying quiz!

QUIZ TIME



<https://forms.office.com/e/Q1Lezpux9G?origin=lprLink>





If you have any ideas for future events, know speakers you would like Bradford College to invite in or would like to recommend a great resource, book or article, please do get in touch!

**Personal Development and Students'
Union Team
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