

WEBSITES

You can get further information on general internet safety issues, including cyberbullying from the following websites:

www.internetsafety.ie

www.webwise.ie

Www.childnet.ie

www.watchyourspace.ie

Thinkuknow.co.uk

www.childline.ie

www.hotline.ie

www.barnardos.ie

www.ncte.ie

www.o2.ie/childprotection

www.npc.ie

www.nyci.ie

www.letsomeoneknow.ie

www.stopcyberbullying.org

www.bullybusters.org

Nobully.org.nz

Antibullying.net

www.families.ie

www.spunout.ie

www.reachout.com

www.yourmentalhealth.ie

www.turn2me.ie

SUPPORT SERVICES

www.ChildlineOnline.ie

People write in for a lot of different reasons.

If you have problems relating to issues such as bullying or simply no one to talk to, by texting the word

"TALK" to 50101

You can get in touch with someone who can help. The service is totally confidential; you will remain in control at all times.

If you need to speak to someone straight away please call

Childline on 1800 66 66 66.

**TEEN-LINE IRELAND FREEPHONE: 1800
-833-634**

NATIONAL PARENTS HELPLINE

Tel:01887 4477

Office For Internet Safety

Freefone 1800242595

Email: getwithit@just.ie

Www.internetsafety.ie



**North Connaught
Youth Services**



**GUIDE FOR ALL
THE FAMILY**

Rockwood Parade, Sligo

Tel: 071 91 44150 / 9147468

Fax: 071 9145578

Email: yicsligo@eircom.net www.ncyys.ie

Opening Hours : 9.00 a.m. – 5.00 p.m. (Mon – Thurs)

9.00 a.m. – 4.30 p.m. (Friday)

ADVICE FOR PARENTS

- *Place your computer in an open space
- *Scan email attachments before opening them
- *Establish Internet Rules with your child
- *Ensure your kids follow age limits.
- *Check who your kids are communicating with online
- *Check what your kids posting on the Internet.

REMEMBER anything you post online can be copied and stored by others to use at another time in a different way.

RECOGNISING CYBERBULLYING

Ask yourself the following four questions:

1. Is your child specifically targeted on their own or is the behaviour targeted at a group of people?
2. Has this been happening over a period of time?
3. Is the behaviour part of a recurring pattern?
4. Is the behaviour deliberately intended to harm or upset your child?

Step 1: Report to the website or mobile phone operator

Internet Service Providers should be contacted. If the cyberbullying is very serious, or potentially criminal, you should contact your local gardai. Responsible websites provide ways for their users to report things such as pornography, bullying content, or other offensive material.

If something that is intended to be hurtful or offensive to someone is posted on a website or circulated by mobile phone, your first step should be to contact the owners of the service. If this doesn't have any effect, move on to step 2.

Step 2: Report Serious Issues

Illegal issues include someone making inappropriate sexual suggestions, racist remarks, or persistent bullying that is seriously damaging to the victim's well-being. If you are being bullied by mobile phone, contact your mobile phone operator, they can help by changing your phone number.

Dual Access Service

Mobile operators provide a 'dual access' service. It allows you to access your child's mobile phone account records like numbers called, account balances etc. Contact your mobile phone provider for more information.

HOW TO BEHAVE ONLINE

Respect Others Respecting other people's online rights is key, and to do this young people should avoid insulting people on the internet as well as remain calm if insulted themselves.

Young People need to understand the emotional damage cyberbullying, and all other forms of bullying, can cause. You can also explain to your child the importance of not hurting someone's feelings by email or other forms of electronic communications.

Respect yourself and others Privacy

Respect other people's privacy online and overall they need to act responsibly when on the internet. For example it is not OK to take a friend's photo and post on Facebook or Youtube without asking the friend's permission. Once that image is online it can be manipulated, copied and used inappropriately by other people.

WHAT GOES ON THE WEB STAYS ON THE WEB

Key Advice for Young People

Don't Reply to messages that harass or annoy you. Even though you may really want to, this is exactly what the sender wants. They want to know that they've got you worried and upset.

Keep the Message. You don't have to read it, but keep it. Keep a record that outlines, where possible, the details, dates and times of any form of bullying that you experience. This would be useful where any investigation were to be taken by your school, youth organisation, or even the Gardai.

Tell Someone

In the case of school related bullying messages you should also talk to a parent, friend, youth worker or teacher you trust or guidance counsellor about it. If you need to speak to someone in confidence straight away you can call Childline on 1800 66 66 66, or get help through their online services at www.childline.ie.

Block the Sender.

You don't need to put up with someone harassing you. If you are getting messages that upset you can block the person simply by clicking the block button. On some mobile phones you can restrict communications to an approved list of contacts. You might need to check the manual or ask an adult to help you do this. Mobile networks can't bar numbers but they will help you to change your phone number in the case of serious bullying.

Report Problems

Report to the people who can do something about it. You can take control by not putting up with offensive content and by reporting it when you come across it. Responsible websites and mobile phone operators provide ways for their users to report things such as pornography, bullying content, or other offensive material.

Protect Your Profile Do not allow people to find you by giving out your address, the name of your school, and talking about where you hang out in your blog.

BEWARE WHAT YOU SHARE!