**STRATEGIC PARTNERSHIP BETWEEN SCHOOLS
KA2 ACTION, ERASMUS+ PROGRAM
THE VIRTUAL UNIVERSE WE WANT
PROJECT NO: 2016-1-RO01-KA219-024515**

LITHUANIA

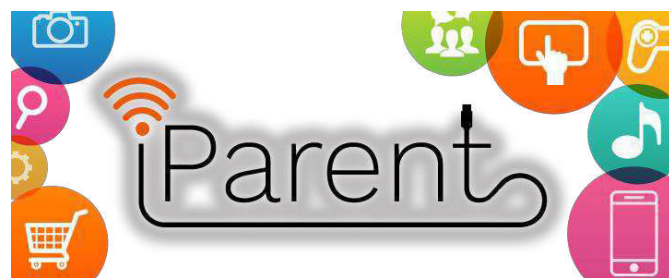# GUIDE
FOR PARENTS

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GUIDE FOR PARENTS

Social networking

- Remind your children of the offline consequences to online behaviour.
- Social networking can increase existing social pressures and reinforce a sense of isolation.
- Ask your child simply not to use technology is not a realistic way to prevent or react to cyberbullying.
- Control what your children are doing online and also help them to do it in a safe way.

Set boundaries

- Say your children about what they can and cannot do online. Create an agreement with them. If a child breaks the rules, restrict internet access for an agreed period of time.
- Ensure your children use the privacy settings, parental controls and built in internet safety features provided by the major internet service providers.

Being involved and talking to children
- Talk to your children about the reasons behind the age restriction as they are there for a reason.
- Ensure children and young people feel comfortable about telling you things that have happened online.
- Ensure children know they can go and talk to you if they are being bullied and need support.

Possible signs of cyberbullying

- Being upset after using the internet or their mobile phone;
- Unwilling to talk or secretive about their online activities and mobile phone use.
- Spending much more or much less time texting, gaming or using social media.
- Many new phone numbers, texts or e-mail addresses show up on their mobile
- phone, laptop or tablet.
- After texting or being online they may seem withdrawn, upset or outraged.
- Not wanting to go to school and/or avoiding meeting friends and school mates.
- Avoiding formerly enjoyable social situations.
- Difficulty sleeping.
- Low self-esteem.

What to do if you suspect a child is being cyberbullied

- Offer practical as well as emotional support.
- Print out the evidence for future reference.
- Talk to a teacher at your child's school if other pupils at the schools are involved.

GUIDE
FOR STUDENTS

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What should be avoided?

- Do not believe everything published on the Internet. Often information in public space is not filtered, so you might be faced with false and misleading facts.
- Don`t answer offensive messages, save them and show to parents / teachers.
- Do not meet to a stranger without a parent's permission. When you go to meet with stranger take an adult whom you can trust. Do not forget that you never know who is your real online friend.
- Do not share personal information online about yourself, your friends and family. Do not post your own or other people's home address, phone number, etc. Think well about what information you want to provide.
- Avoid posting comments and pictures that encourage violence, discriminate religious, national or other minorities.
- Do not get into disputes.

What should be done?

- Ignore suspicious emails / messages received from strangers and friends.

- Tell harasser not to sneer. If conversation does not help, tell about it to the specialists.
- If you found a information on the Internet, which scares you or makes you feel uncomfortable, tell about it your parents / teachers.
- Have a private profile and make friends only those people you know well.
- Keep your login details. Keep your data in memory, do not write somewhere or tell your friends. This is the secret of every human being.
- Responsibly select your username. A provocative username (like "sexy"), can lead to negative reactions, harassment, bullying.
- Be respectfull on the internet – do not bully. Bullying both in real life and in virtual life hurts another person.

GUIDE
FOR TEACHERS

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GUIDE FOR TEACHERS

Responding to Cyberbullying

- **Support:** Provide the person being bullied with support and reassurance. Tell them that they did the right thing by telling. Encourage the child to get help from parents, the school counsellor, principal or teachers. Ensure they know that there is support there for them
- **Evidence:** Help the child keep relevant evidence for investigations. This can be done by taking screen shots or printing webpages. Do not allow the deletion of phone messages
- **Inform:** Give the child advice for making sure it does not happen again. This can include changing passwords, contact details, blocking profiles on social networking sites or reporting abuse online
- **No Retaliation:** Ensure that the young person does not retaliate or reply to the messages
- **Privacy:** Encourage the child to keep personal information private on the internet
- **Investigation:** The cyberbullying claim needs to be investigated fully. If the perpetrator is known, ask them to remove offending remarks or posts. All records should be kept as part of the investigation.
- **Report:** Abuse on social networking sites or through text messaging needs to be reported to the websites and mobile phone service providers
- **Guidelines:** Your school will have a number of policy documents which you can refer to. These include the Acceptable Use Policy, Anti-bullying policies and Behaviour and Disciplinary Polices.

Preventing Cyberbullying in Schools

- **Make sure** that all your students know that, no matter what its form, all bullying is wrong and will not be tolerated.
- **Teach** students about their rights and responsibilities online and making sure they are aware that the internet is not a private place.
- **Promote** the positive use of technology, discuss and inform your students about good netiquette and personal safety issues.
- **Publicise** different ways of reporting cyberbullying to give confidence to bystanders. Anti-bullying policies also need to be constantly updated and amended to deal with cyberbullying as it evolves.
- **Encourage** students to make friends and promote a positive and supportive atmosphere in the school which will ensure that cyberbullying does not thrive.