

# PGHS Online Safety Newsletter

## CYBER BULLYING

National Antibullying week was last week (14<sup>th</sup>-18<sup>th</sup> November) and the National Online Safety organization published a guide for parents and carers, providing useful information about cyberbullying.

Cyberbullying is bullying that takes place online. It can involve anything from sending messages to posting offensive comments to uploading and sharing private or embarrassing photos. It is classed as an indirect form of bullying when compared to verbal or physical bullying, given it usually takes place through a digital device. However, for those experiencing bullying behaviour, the consequences can be just as serious and have far-reaching effects.

[Free Online Safety Guide](#) | [Combat Online Bullying](#) | [National Online Safety](#)



## NEW ADVICE FROM NSPCC

Many children enjoy playing online games and having a social media presence. As children get older this often involves speaking with others online and with this comes the potential risk of grooming and exploitation.

Speaking to your child from a young age about who they are talking to online and helping them recognise when a conversation may be putting them at risk can help to keep them safe from abuse. The NSPCC has published new advice on how to start age-appropriate conversations with your child on this challenging topic.

The advice includes how to:

- help your child recognise unhealthy online chat
- have age-appropriate conversations about sexual abuse
- explore the different communication features online
- review safety settings.

You can access more information using the link below;

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/keeping-children-safe-online-sexual-abuse/>

If you would like further information and support about online safety please drop an email to the address below

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