News for the week

Teaching Assistants
We thought parents would like to know where Teaching assistants will be working next year.

EYFS Mrs. Curtis
Y1 Mrs. Wingfield
Y2 Mrs. Amos
Y3 Mrs. Griffin
Y4 Mrs. Ostle
Y5 Miss. Bell
Y6 Mrs. King

Mrs. North, Mrs. Gasan, Mrs. Gavel, Mrs. Judson and Mrs. Hefer-Dalton will also be working in school to support teaching and learning.

Sports and Arts
What amazing children we have at Nailsworth School! The Arts and Sports awards evening allowed us to celebrate the achievements of KS2 pupils with them and also enjoy some of their musical talents. There were awards given for all sorts of activities from fencing to chess and from “singer of the year” to “pianist of the year”. Elliot from Year 6 said, “It was really nice that so many parents and old pupils came—and I liked how many trophies there were.”

Pulse Games
Please can all of KS2 have their PE kits in school for ‘The Pulse Games’ taking place next Wednesday morning 26th June.

Plastic Jellyfish
During the Spring Term the children in school were given an art project to complete which focused on recycling plastic. Each class researched the dangerous effects plastic can have on our environment and we looked at ways we could reduce the amount produced. The values of Respect and Compassion were linked to the project and to show we were doing our bit to help the environment in Nailsworth, a giant jellyfish was made using plastic.

I’m pleased to say our jellyfish is now in the hall and the children are very proud of their work. They would really like to share this with you, so please, feel free to come into the hall on treat Friday to have a look and read all the facts about plastic pollution.

Mrs Prouse.

Non uniform
This Friday is non uniform day arranged by the PTFA. Please can they have bottle donations ready for the FETE next Friday 28th June. Also Y6 are having a fundraising day for WWF, so can children bring in a pound or two for activities.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>JUNE</td>
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<tr>
<td>20th</td>
<td>Class &amp; Y6 leavers photos New Y1 stay &amp; play 2.15pm—3.45pm</td>
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<tr>
<td>21st</td>
<td>Non uniform day—Tombola donations for FETE Celebration assembly Y4 2.30pm</td>
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<tr>
<td>24th</td>
<td>KS1 Woodchester walk (Raising money for CLIC Sargent) Parents invited in for lunch Y6 Forest School NO Hi Jink drama today District Sports Stratford Court 5.45pm</td>
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<tr>
<td>25th</td>
<td>Crypt open morning 9.30—11.30am Deadline for parent governor nominations</td>
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<tr>
<td>26th</td>
<td>Y2 Swimming Y5 Forest School Thomas Keble open morning 9.15—11.15am Crypt open morning 9.30-11.30am NO school run after school clubs</td>
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<tr>
<td>27th</td>
<td>New Y1 stay and play session 2.15pm—3.15pm</td>
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<tr>
<td>28th</td>
<td>Stroud High &amp; Marling open morning 9.15—12pm Archway open morning 9.30-12pm Y3 Chinese food tasting lunch School FETE 5-7.30pm Final Y5 Hillcrest residential payment £40.55 Celebration Assembly—RECP 2.30pm</td>
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<tr>
<td>JULY</td>
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<tr>
<td>2nd</td>
<td>SPORTS DAY 10am—12.10pm KS2 Picnic lunch 12.10pm—1.10pm 1.30—3pm KS1</td>
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<td>3rd</td>
<td>Final Y6 Acorn residential payment due £56.05 New Sept RECP induction morning 10.30am—12pm</td>
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<td>4th</td>
<td>Thomas Keble induction day Crypt induction day</td>
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<td>5th</td>
<td>Thomas Keble induction day Stroud High induction day Marling induction day Archway induction day Crypt induction day Celebration Assembly—RECP 2.30pm</td>
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<tr>
<td>8th</td>
<td>Y6 Day out—Cotswold Water Park</td>
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<td>9th</td>
<td>SWR induction day</td>
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<td>10th</td>
<td>SWR induction day EYFS/Y1 Art exhibition 5-7pm</td>
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<tr>
<td>11th</td>
<td>New Sept RECP induction morning 10.30am—12pm SWR induction day Deer Park induction day</td>
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<td>12th</td>
<td>Deer Park induction day</td>
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<td>16th</td>
<td>Y6 Performance 6pm—8pm</td>
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<tr>
<td>19th</td>
<td>Y6 Leavers assembly (morning) Last day of term 1pm finish</td>
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Reception
On Monday, we walked to Amberley. We went to see an art exhibition at the Amberley Inn by Wendy Thompson. She had drawn pictures of wildlife around Nailsworth (except for the Panda Bear). On Tuesday, we walked to Norton Wood and picked up objects to give us clues about who and what lives in our area. Today we are looking at the Mills and why they are there. This week has been about looking for inspiration for our ‘Nailsworth artists in the Making’ exhibition.

Year 1
We have had a fantastic week this week! We have been walking and exploring Nailsworth and the Common. By Willow
I loved the painting of the cow at Amberley Inn because it had lots of detail! By Lucas.

Year 2
We have been learning about caterpillars turning into butterflies. By Ezree.
We practised how to be safe in the water at swimming today. By Alesha.

Year 3
This week, we had an interesting parcel arrive for us. It was from the holiday company TUI. They have given us the opportunity to design a brochure based on their ‘Once in a lifetime’ holiday in China. They’ve given us some great prizes for the best 3!

Year 4
This week, we have been writing a story about a hedgehog.
In Maths, we have been learning about time, decimals and practising our times tables.
We have been making bird houses out of old juice cartons.
We have planted sunflowers, and are practising for our assembly on Friday.

Year 5
On Tuesday, we went to SWR for the day. We were in groups of four, orange, yellow, green and blue. We each had different lessons and a few schools were also in our groups so that we could get used to having people we don’t know in our classrooms. There was a selection of ICT, ART, Maths, Science and French lessons, we really enjoyed our day.

Year 6
This week we have begun practising for our school play! We’ve also been designing flyers and writing letters informing pupils and parents of our fundraising on Friday.

Quad Kids
Well done to the Quad kids athletics team who came 6th in the Stroud District against 18 other school teams on Wednesday 5th June.

High Tea
Ms Geller enjoyed her first High Tea last Friday with some top readers. Keep up the reading challenge.

RACE FOR LIFE
Several Staff members here at Amberley are taking part in Race for life to raise money and save lives.
Please help us to raise money for this worthy cause
https://fundraise.cancerresearchuk.org/team/amberley
Junior trail runners

Summer is here, well almost, but at least we're in the last half term before the summer hols are upon us. So let's see what's there is to do before then, and I mean fun trail running.

Yeap that's right, Trailmania is back and starts in 2 weeks time.

**There's the Nelly 3k in Nailsworth on 23rd June**
**The Little Sizzler in Kings Stanley on 14th July**

and of course the **Baby Beast in Cranham on 23rd July**

Now you have to make some decisions, nothing to difficult. Read the questions below and then tell whoever it is, that is going to complete the registration form (and most likely going to pay, too), what you want to do.

Do you want to run and race other junior trailmaniacs, get a time, medal and possibly with a prize?
If so, do you want to run all three races?
**Answer: Enter the 3k runs individually or the 3k series**
Prefer to walk, drag Mum or Dad up those hills and take your time, or maybe you just want to see if you can beat the adults.
**Answer: Do the family 3k event together, in 1, 2 or all 3 of the series.**

Want to run with more friends from School?
**Answer: Yes. Then find out if your School has been given a discount code to use and save some money and bring more friends along**

**NOW**, tell your parents and get them to go straight to the [registration form now by clicking here and get you in, before they forget](#)
Entry fees

- Junior 3k is £9 each event or £27 for the series. Enter the series and get a series tech-tee and Food/Drink in Cranham.
- Family 3k is £5 per person or £15 for the series. Enter the series and get a series tech-tee and Food/Drink in Cranham.

School discount codes

Over the last few weeks, discount codes have been sent to various schools, which offers a discount of £6 for the Junior 3k series (normally £27, with code £21). Not received any information about the discount, then feel free to set one up for your School. Simply get the School office to email me, Simon, simon@iamoutdoors.co.uk and request a code.

What about the medals this year, Simon?

OK, for 2019 the medals are individual, meaning no puzzle pieces missing if you only choose one event!

Remember there are the 10k races for over 15s, too

10k entry fee - £17 (plus £2 unaffiliated)
Junior 3k entry fee - £9
Family entry - £5

**** Enter above series & get a free series tech T-shirt plus BBQ at Cranham****

Trailmania Registration >>>

Trailmania, a series for all ages and abilities in around the beautiful heart of the Cotswolds, with views, hills, woodland trails & winding footpaths full of flora and fauna.

On another note, in the summer holidays, Iamoutdoors, well me Simon & my wife Dawn will be organising some guided walks for families around the Cotswolds. If you are interested, please reply to this email and I will send you more information.

Finally, if you have any questions, please get in touch.

Thank you, take it easy and hopefully see you running soon.
DON'T BE LATE FOR THE SUMMER FETE
NAILSWORTH PRIMARY SCHOOL
Friday 28th June 2019 5pm-7:30pm

FREE ENTRY
SPECIAL GUEST APPEARANCE FROM MAGIC MARIE!!

MAD HATTERS TEA PARTY THEME

2019 ALICE IN WONDERLAND THEMED CAKE BAKING COMPETITION!
If you're a budding cake-baker, impress us with your skills! Cakes will be judged and best cake wins a prize.

2019 EVENTS INCLUDE
- Vintage tea party
- Lucky jars
- Glitter Tattoos
- Kids crazy hat competition
- Alice in Wonderland treasure hunt
- BBQ with local sausages & burgers
- Candy floss, jelly deli & ice creams

We would like to thank all of our local companies for supporting us with fantastic raffle prizes.
RAFFLE PRIZES CONFINED SO FAR!

Meringues from The Cotswold Meringue Company
Book from The Yellow Lighted Book shop
Lino printed sweatshirt from local artist
Hamper from Tracey Payne
4 ball round of golf at Minchinhampton from Jo Pope
Wine tour for 2 from Woodchester vineyard
Personal training session from Fiona Dean
Food club 2 course meal for 2
The Corner house restaurant £30 voucher
Amazon echo dot
Williams Kitchen hamper
Afternoon tea for 2 from Blue Diamond Garden Centre
Personal Best class vouchers
Family swim from The Pulse, Dursley
2 x 2-in-1 pies and a bottle of wine from The Weighbridge
£30 voucher from Waterloo House
Children's books from Buster Books
Hampers and wine
What parents need to know about WhatsApp

AGE LIMIT CHANGE
Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13. This applies to the rest of the world. WhatsApp has not been updated to whether it will take action against anyone aged between 11 and 16 who also have my old accounts under the old terms and conditions, such as closing their account or seeking parental permission.

FAKE NEWS AND HOAXES
WhatsApp has been found to be sending the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been caused by fake rumours spread on WhatsApp.

THE ONLY ADMIN FEATURE AND CYBERBULLYING
Cyberbullying is the act of sending insulting or tormenting messages, texts, messages, pictures and videos, with the aim to hurt and humiliate the receiver. The group chat or group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes. The only admin feature gives the admin of a group chat greater control over who can send messages. While this can be good for one-way announcements, the group admin has the power to block someone from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.

CONNECTING WITH STRANGERS
To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognizing which of these contacts are also on WhatsApp. If your child has shared their mobile number with someone they don’t know, they can use it to get in touch via WhatsApp.

LIVE LOCATION SHARING
WhatsApp’s ‘Live Location’ feature enables users to share their current location in real-time with their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the ‘Location’ button, is described by WhatsApp as a ‘simple and secure way to let people know where you are’.

CREATE A SAFE PROFILE
Even though somebody would need your child’s phone number to add them as a contact, as an extra security measure we suggest allowing their profile settings to centre who can see their profile photo and details. The options to choose from are Everyone, My Contacts, and Nobody. We suggest selecting My Contacts or Nobody to ensure that your profile is protected.

REPORT SCAM MESSAGES
Advise your child to report any message that seems suspicious or sounds too good to be true. When your child receives a message, they can report it by tapping Report Spam. They will then be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1. Open the chat. 2. Tap on the contact or group name to open their profile information. 3. Scroll to the bottom and tap ‘Report Spam’.

DELETE ACCIDENTAL MESSAGES
If your child has sent a message to the wrong chat (or a message that they have harvested a minature), they can delete it. To do so, simply tap and hold on the message, choose Delete, then Delete for everyone. The app allows seven minutes to delete the message after it has been sent, but it is very important to remember that recipients may have seen and screenshot a message before it was deleted.

SET TIME LIMITS
A 2017 study found that the age of 14 is the average child will have sent more than 10,000 WhatsApp messages and racked up more than 3,000 solid weeks of video chat. Although it is inevitable that your child will use technology, you can still set boundaries. It is not easy, especially since teens use their devices for both schoolwork and free time, often simultaneously.

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Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."
National Online Safety

7 questions to help you start a conversation with your child about online safety

1. Which apps/games are you using at the moment?
This will give you a good overview of the types of things your children are doing on their devices, along with their interests. Remember that they might not tell you everything they are using. It is a good idea to ask them to show you their device, because new apps and games are released regularly. It is important to have this conversation often to ensure you are up to date with what they are doing.

2. Which websites do you enjoy using and why?
As in the tip above, asking this question will allow you to find out what your child is doing online and encourage positive conversations about their online activity. Ask them how they use the websites and talk about interests in how they can use them in a positive way, also asking them to show you if possible.

3. How does this game/app work?
Can I play?
Show a genuine interest in what they are doing. Whilst you are playing a game or using an app with them, it might highlight something that they don’t necessarily think is a danger to them. If they act like they don’t want to share their activities with you, question why.

4. Do you have any online friends?
Children can form positive relationships with people online. And this has become more common thanks to online multi-player options, but they may not fully understand the difference between a friend and a stranger. You could make the question more specific to your child. For example: "Have you met anyone online that you like to play games with?" They may not want to share this information with you, so ensure you teach them about healthy relationships.

5. Do you know where to go for help?
Although you may be the adult, they trust the most some children struggle to talk about what happens online due to confusion or embarrassment. Because of this, they may struggle to approach the mommies, people who would help, such as yourself or a teacher. Have a chat to your child about exactly where they can go for help and how they can report any activity that they believe is inappropriate online.

6. Do you know what your personal information is?
Your child may already know what their personal information is but they might not think about how it can be shared. Have a conversation about what personal information is and how this can affect them if it is shared beyond the intended recipient. It is important that your child understands the dangers of sharing contact details or photos, as information such as this can spread quickly online.

7. Do you know your limits?
Children may not understand the negative impacts of device or game addiction. Talk to them openly about healthy habits and ask whether or not they are spending time online or playing a game is affecting their sleep, performance at school or if they are generally losing interest in other activities. You may lead on to encouraging alternative activities and discussing the introduction of time limits when at home.

www.nationalonlinesafety.com  Twitter – @onlinesafety Facebook – /nationalonlinesafety  Phone – 0800 368 8061
FORTNITE: BATTLE ROYALE

What parents need to know about

MICROTURNSATIONS

Neve the Fortnite is based on the idea of selling in-app purchases, which has been under fire in the past. These in-game purchases are known as "microtransactions," and they can range from a few dollars to a few hundred dollars. These microtransactions are often used to purchase weapons, armor, or other items that can give players an unfair advantage over their opponents.

HACKER ATTACKS

There have been several reports of hackers exploiting vulnerabilities in Fortnite to gain an advantage in the game. These hackers can use a variety of methods to gain access to players' accounts, including phishing attacks, keylogging, and other forms of malware.

NO PROOF OF AGE REQUIRED

Fortnite is a free-to-play game that does not require players to prove their age in order to play. This has led to concerns about the age appropriateness of the game, as there have been reports of children under the age of 13 playing the game.

TALKING TO STRANGERS DURING SQUAD MODE

In Squad Mode, players can team up with friends or random players to play the game together. This has led to concerns about the potential for exploitation by older players or strangers who may try to take advantage of younger players.

AGE RESTRICTIONS

Fortnite is rated E (Everyone) by the ESRB, which means that it is suitable for all ages. However, there are some concerns about the appropriateness of the game for young children, as it contains violence and other mature themes.

Top Tips for Parents

LIMIT GAME TIME

Parents can set parental controls on Xbox and PC to limit the time a child can spend playing Fortnite. These controls can be set to allow for unlimited play or to restrict play to specific hours of the day.

LOOK OUT FOR VBUCK SCAMS

It is important that your children are aware of the scams that exist in the game. Scammers may try to sell players V-Bucks for a lower price or may try to sell players accounts that have been banned.

RESTRICT PAYMENT METHODS

Fortnite: Battle Royale is a free-to-play game, but there are still options for making additional purchases. If you do not want your child to make payments, ensure they are not associated with any payment method.

USE A STRONG PASSWORD

It is important to have a strong password for the account that your child uses to play Fortnite. This password should be unique and should not be shared with anyone.

For more information, visit www.nationalonlinesafety.com.
What parents need to know about YouTube

SPENDING A PREMIUM

YouTube Premium (formerly YouTube Red) is a paid subscription service in the UK, offering a three-month free trial to connect viewers to a 10-year-old YouTube model. This includes the ability to download videos, stream videos with the app in the background, and access to original content and a separate music streaming service and gaming.

SHARING VIDEOS

As well as watching videos, you may also choose to share them on social media, emailing your YouTube friends, or sharing your YouTube friends on social media. However, if you post something on YouTube, you may later regret it or feel embarrassed about what you have shared. There is a risk that you will receive hurtful or aggressive comments regarding not only your content, but also your appearance. YouTube comment sections are infamous for being one of the most negative aspects of the internet.

DANGEROUS 'CHALLENGE' & VIRAL VIDEOS

On YouTube, challenges videos are hard to spot and can be very dangerous. One person may post a video of themselves doing something dangerous, showing their child doing the same and before you know it, the video goes viral and everyone wants to join in and share their videos. The speed at which challenges videos spread across the internet makes it difficult to keep up with the latest ones.

IN-APP MESSAGING

When your child is logged into YouTube and there is a video that they are watching, this will be shown on their YouTube itself. This can be found at the top right of the display screen and through in-app messaging on their mobile or tablet. They will see a list of suggested people from their contacts – who can be any contact they've had on Google or someone who has sent them an email link.

NATIONAL ONLINE SAFETY

TURN ON 'RESTRICTED MODE'

Restricted Mode is an optional setting that you can use to help block inappropriate content. You can enable it on your device and then enable it on your child's device as well. Restricted Mode works on the Internet. It is recommended for children under the age of 8 and should always be used.

BLOCKING ACCOUNTS

When using YouTube, there may be instances where your child receives inappropriate content. If you want to get your child's attention, tell them the truth, have a conversation, and guide them towards safer content. If you need to block an account or channel, follow these steps:

1. Go to the bottom of any YouTube app and click the 'Settings' button.
2. Tap the three vertical dots at the top right on the screen.
3. Tap the 'Settings' button.
4. Tap the 'Account' button.
5. Tap the 'Channels' button.
6. Tap the channel you want to block.
7. Tap the 'Block channel' button.
8. Tap 'Submit'.

MONITOR WHAT YOUR CHILD IS WATCHING/VIDEO

The only way to truly know what your child may have been watching is to check their YouTube history. You can do this by checking their YouTube history. YouTube videos can also be easily blocked by entering the name of the video into the YouTube search bar and clicking 'Watch'.

CREATE A FAMILY ACCOUNT

When your child first start watching videos, they will be shown a message that says 'Welcome to your account'. This is the only way to monitor what your child is watching. When your child has reached the age of 12, they will need to turn this on every time they use YouTube.

YOUTUBE KIDS - PARENTS AND CONTENT

YouTube Kids is a separate app that allows you to watch YouTube videos according to your child's age. The YouTube Kids app is ideal for children under the age of 12 and is not recommended for children under the age of 8. This app is currently available on Android devices.

DIGITAL WELLBEING

YouTube Kids has introduced a new feature that allows you to view how long your child has spent on the app. Once you have enabled this feature, you will be able to see how long your child has been on the app, how many videos they have watched, and how many hours they have spent on the app. A reminder will appear when the app is closed.

OPT FOR A FAMILY PLAN

A YouTube family plan may be a cost-effective option if you have more than one child. YouTube offers a family plan for up to five members. The family plan allows you to share a single account with up to five members, aged 10 and older. Each member in the family will have their own account, with parental controls enabled.

MANAGING IN-APP MESSAGES

If your child is a YouTube user, you may be contacted by Google contacts who can send messages to them. If you receive a message from a YouTube user, you can stop the child from receiving messages by blocking the user. You can also take steps to ensure that your child is not receiving messages from strangers.

YOUTUBE GAMING

YouTube has created a set of educational games that highlights the top gaming videos from the user's subscription. These games are designed to teach children about the different aspects of gaming, such as teamwork, strategy, and problem-solving. YouTube gaming is a great way to keep children engaged and entertained while teaching them important life skills.
What children need to know about ONLINE BULLYING

What is online bullying?

ONLINE BULLYING - ALSO KNOWN AS CYBERBULLYING - IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. Sending someone mean or threatening emails, direct messages or text messages
2. Hacking into someone's online account
3. Being rude or mean to someone when playing online games
4. Posting private or embarrassing photos online or sending them to others
5. Creating fake social media accounts that mock someone or trick them
6. Excluding someone from an online conversation or blocking them for no reason

Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THE VICTIMS' REACTIONS IN REAL LIFE. SO THIS CAN CADDONDO THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES, AND THING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET... IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.

Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET ANOTHER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU ARE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKE' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM - GO BACK AND DELETE ANY UPSETTING OR MISTAKESIF YOU'VE WRITTEN.

Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST - A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT ONELINE (WWW.ONELINESAFETY.ORG.UK), WHERE A TRAINED COUNSELLER WILL LISTEN TO ANYTHING THAT'S WORRYING YOU - YOU DON'T EVEN HAVE TO GIVE YOUR NAME.

How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR. SO YOU CAN BE ADDRESSED - RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS AND TEXT MESSAGES.

How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWAY OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.

BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...
1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?

#WakeUpWednesday

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