



IN THIS EDITION: "Change Starts with Us.": find out how you can get involved ★ take part in our annual drawing competition and win a prize ★ find tips on how parents can help children if they are being bullied ★ learn about TikTok and other live streaming apps and how to keep children safer online ★ use our resources to help talk to children ★

★ Anti-Bullying Week 2019, 11–15th November

This year's theme is: "change starts with us"



The Anti-Bullying Alliance talked to over 1,000 children and young people to decide the theme for this year which focuses on "Small Change; Big Difference". Whether bullying is verbal, physical, online or in-person, bullying has a significant impact on a child's life well into adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Together, we can challenge bullying; change can start with a conversation; it can start with checking in with someone; it can start with working together.

★ Change starts here ★ Change starts now ★ Change starts with us

What change could you and your family make to help stop bullying? Brighton and Hove schools will be focusing on these messages during Anti-Bullying Week using resources provided by the Anti-Bullying Alliance and Brighton and Hove City Council.

For more information, visit: www.anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2019-change-starts-us

WHAT IS BULLYING? The ABA (Anti-Bullying Alliance) defines bullying as: The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face to face, or online.

Repetitive • Hurtful • Intentional • Power imbalance

Competition Time!

Every year Safety Net, a local children and young people's charity, produces a key school dates calendar to help parents and carers plan. This year, we'd love to hear from young people with their pictures on the theme of "change starts with us" to tie in with the anti-bullying week theme.

What change could you make that would help your school, neighbourhood or the world a happier, better or safer place?

Pictures need to be emailed to newsletter@safety-net.org.uk or sent into our postal address (found on the back page) by 29th November. The winning entries will feature in the calendar and each will receive a £10 book voucher. Here are some of last year's winners.



★ Anti-Bullying Week: what can parents do?

What to do if your child is being bullied

★ **DO listen without getting angry or upset.** Reassure them they have done the right thing in telling you. Show you heard by 'playing back' to them what they said.

★ **DO ask your child what they want to happen next,** rather than just taking over, so they don't end up feeling even more stressed than they are already.

★ **DO reassure your child it's not their fault,** as some children feel they've brought it upon themselves. Encourage your child to try to appear confident and practise standing up for themselves calmly - even if they don't feel it.

★ **DO role play bullying scenarios** with them and practise their responses. Sometimes people say nasty things because they want to get a reaction or to cause upset. If your child gives them the impression they're not bothered, the bullies are more likely to stop.

★ **DO make an appointment to see your child's teacher or Head Teacher** and go prepared. Write down all the facts; what happened and when, who was involved, who witnessed it. Include anything your child did that may have provoked the incident and whether it was a one-off or series of events.

★ **DO check out the schools' anti-bullying policy,** give them time to respond and work with them to sort things out. Keep a bullying diary with your child to log what's happening.

(Adapted from Bullying UK)

Research has shown that these two key things can help protect children from bullying:

★ A study showed that when children feel listened to and supported by their parents they are less likely to be bullied.

★ The research also shows that having good friends at school can help protect children against bullying. Parents can also help by supporting children to develop social skills and encouraging children's friendships with things like play dates. *(Adapted from The conversation.com)*

Things to avoid:

★ **DON'T charge into school** demanding to see the Head Teacher, or confront the bully or the bully's parents. This is usually the reaction that children dread and, according to ChildLine's counsellors, can cause bullying to get worse.

★ **DON'T tell your child** to hit or shout names back. It doesn't solve the problem and, if your child is under-confident, it just adds to their stress and anxiety.

★ **DON'T dismiss their experience** or tell them to "sort it out yourself" or that "it's all part of growing up". Teaching children to put up with bullying gives the message that it has to be tolerated, rather than stopped - and sets them up for further bullying in the future.

Useful websites

★ www.bullying.co.uk

★ www.anti-bullyingalliance.org.uk

★ Useful guide from Princess Diana Trust:
<https://tinyurl.com/y695m37y>

Kidscape Friendship Friday

National charity Kidscape are kicking off Anti-Bullying Week with Friendship Friday on November 8th - a day to celebrate our friendships and think about ways that we can make our friendships even stronger. What small thing could you do to let a friend know that you care about them and value their friendship?



★ Online safety

What is 'Sadfishing'?

A social-media "trend" is leaving young people with genuine mental health problems "facing unfair and distressing criticism", say school leaders. "Sadfishing" is a growing "behavioural trend", where people make "exaggerated claims about their emotional problems to generate sympathy and attention", the heads say. And it means those with real problems are often overlooked or even bullied.

A new study by Digital Awareness UK (DAUK), confirms that some young people who turn to the internet to find emotional support for their problems are being accused of "sadfishing".

The study argues that in these cases, young people can end up feeling more upset after not finding the support that they were looking for, which could in turn make their emotional or mental health problems worse.

How you can help:

- Let your child know that you are there to provide them with support if they are ever having any emotional problems and need someone to talk to.
- If they don't want to talk to you, there may be better ways to post about their problems on social media. For example, writing in a way that starts a conversation about a particular topic with their peers rather than simply seeking sympathy from their followers.
- Remind your children how important it is not to add friends or accept followers online if they don't know the person in real life. Young people posting their personal problems on social media can be a way for groomers to make contact with them by offering sympathy.
- Your children should also be able to recognise when they are being sadfished. Reassure young people by telling them that although it's important to show sympathy towards people with genuine problems, they shouldn't put their own mental health at risk by getting involved in too many people's personal issues.
- Remind your children that there are ways to stop seeing people's posts online without unfriending or unfollowing them and potentially hurting their feelings. For example, they can 'mute' accounts on Twitter and 'unfollow' their Facebook friends without unfriending them.

More information can be found at:

- <https://www.tes.com/news/vulnerable-pupils-bullied-online-over-sadfishing>
- <https://10daily.com.au/views/a191003fhcwq/why-im-warning-my-kids-about-sadfishing-and-you-should-too-20191006>



★ ODD SOCKS DAY on

Tuesday 12th November is a fun part of Anti-Bullying Week and is an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique! Support the message by getting your children to wear odd socks to school or wearing them yourself to work.



Online updates: Tik Tok



About Tik Tok

- ★ TikTok is a live streaming app where users can make their own short videos. Other TikTok users can 'react' to videos they see by filming their responses alongside the original video; or 'duet' by making a video alongside another video.
- ★ TikTok is currently one of the most popular apps with children and young people and the number 1 app in 19 countries.
- ★ It has a 12+ rating and can be downloaded by children aged 13 and over. However there is no system in place to check a user's age and we know that children as young as 8 are using it. Parents need to be aware that there may be inappropriate content and explicit language.

How TikTok works

- ★ After downloading the app, users can start creating their own videos or watch content created by other users.
- ★ The content covers all kinds of subjects - pets, arts, comedy, sports, food, travel, music, and games. Users can 'like' the content they enjoy to see similar videos.
- ★ Creating and editing videos is simple, with different effects, filters and stickers to choose from.
- ★ Users can also participate in hashtag challenges by clicking the 'Discover' button, with new challenges added every week.
- ★ Users can easily share videos on other social media platforms, such as Instagram and build up followings.

O2 and NSPCC have created Net Aware, a practical and simple guide to the latest social networks, apps and games kids are using. Parents & carers can visit www.net-aware.org.uk for more information.

Online Safety & Live Streaming

Live streaming is one of the biggest online safety issues for children at the moment. To keep them safe:

- ★ Talk regularly to your child about what their digital life is like and what services they are using.
- ★ Make sure your child understands the risks of live-streaming. Remind them that personal information might be given away by things said during the stream, things shown on camera or even in the background. Importantly, live-streams can be recorded by others, who can then keep a copy even after the stream has ended or expired.
- ★ Make sure they have used the privacy settings so they can choose who to share videos and content with. They should also make sure that they turn off the location setting.
- ★ There are lots of tools to help you manage the devices used by your family, such as parental controls.

For example, on TikTok parents can select how much time they would like their child to spend on it per day. This feature is password protected. TikTok also has a 'restricted viewing mode', which can be used as a parental control. Once enabled, it limits content that might not be appropriate for younger users.

These options are found in the privacy and settings option in the 3 dots at the top right hand side of the screen.

IMPORTANT: Tell your child that if they are ever asked to say or do something online they don't feel comfortable with, they can always say no, end the chat or broadcast, and talk in confidence with you or another trusted adult. Remind them it is never too late to tell you about something that has happened online.

From UK Safer Internet Centre: Check out their free Parents' Guide to Technology for more information, found at: www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology

★ Safety Resources

Here are some tools to help you talk to your child about bullying and safety....

Flight, Fight or Freeze Responses Have you ever wondered why being scared or worried makes your heart beat faster and makes you breathe quicker? The body's reaction to fear is called the "fight, flight or freeze" response. And people have had it since the beginning of time.

Back when we were living in caves 100,000 years ago you might have come face to face with a hungry sabre-toothed tiger. You then had three choices to avoid being eaten:

1) Run for it (that's flight), 2) pick up your club and battle the tiger (that's fight or 3) Play dead (freeze)

Today, we still get the same responses in our body whether the threat is real or not: Understanding and talking about this bodily response can help young people to decide if the threat is real or not and how they can get help.



Your Support Network

Who can you talk to that you trust if you need to share a problem or a worry?

Who would you have in your speed dial?

Remember: "We can talk with someone about anything, even if feels awful or silly."



Problem-solving: You can also use problem-solving to help them explore their options. For example:

'How could someone keep themselves safe even if they were being picked on by other children?'

Then explore the options and see which they think would work best for them.



★ **Safety Net needs YOU!** As a registered charity, Safety Net depends on people just like you. Please donate what you can to help us keep children safe.

★ You can donate instantly and securely via our website at www.safety-net.org.uk/supportus/donateonline

★ Or by text to 70070 saying, SNet41 (space) followed by the amount, e.g. SNet41 £10

★ **We would love to hear from you!** If you have a question, suggestion or article, please email newsletter@safety-net.org.uk.