



**Naomh Atrachta  
Kingsland National School  
Anti-Bullying Campaign**



***What should you do before the issue of cyber-bullying arises?***

***Think! Then Be Proactive!***

***Avoid being cyber-bullied!***

**Cyber Bullies like:**

- |   |            |          |
|---|------------|----------|
| Careless or no privacy/security settings    | Why? _____ | So _____ |
| Your pictures (including of you)            | Why? _____ | So _____ |
| Your private information                    | Why? _____ | So _____ |
| Your personal information                   | Why? _____ | So _____ |
| Knowing your password(s)                    | Why? _____ | So _____ |
| Knowing worries you have                    | Why? _____ | So _____ |
| Knowing what upsets you                     | Why? _____ | So _____ |
| Using these to embarrass you                | Why? _____ | So _____ |
| Sharing these with THEIR friends . . .      |            |          |
| who are not your friends and . . .          |            |          |
| who may share them with their friends . . . |            |          |
| who do not even know you and . . .          |            |          |
| who may share them with their friends . . . | Why? _____ | So _____ |



## Naomh Atrachta Kingsland NS Anti-Bullying Campaign

**PROTECT YOURSELF  
FROM CYBERBULLYING  
BY COMPUTER**



### 1. Be careful, be respectful, the Internet is forever:

- Always protect your Name, Identity and Reputation
- Always be respectful to others when posting material online.
- The Internet is a useful invention but it can be abused if people use it to bully others (cyberbullying).
- Cyberbullying can be stopped.

### 2. Do not respond to cyberbullying but keep the evidence:

- Never reply to online bullying or harassment.
- Put yourself in control. Keep the evidence in case you need it. **Then . . .**

### 3. Avoid cyberbullying on a social networking site, e.g. Facebook: When you first sign up to Facebook protect yourself as follows:

- Skip any options offered ("Add Friends," "Find Friends," Profile Information" and "Profile Picture,"). Set your privacy settings first.
- Click "Account," then "Privacy Settings" and then "Customise Settings."
- Set all the "Things I Share" to "Friends Only" and untick the box for 'Include Me in "People Here Now" after I check in.'
- Set the "Things Others Share" to "Friends Only" and disable "Friends Can Check Me Into Places."
- For each item of "Contact Information" select "Customise and then select "Only Me."
- Go back to "Privacy," go into "Applications and Websites," go to "Edit your Settings" and set your "Game and Application Activity" to "Friends Only," then untick all the boxes for "Information accessible through your friends" and the "Instant Personalisation" and "Public Search" sections.
- Go back to "Privacy," go into "Block Lists," click on "Edit your Lists" and you can block any person from contacting you or seeing your information.
- Now you are in a position to add any friends and information you wish, but do this carefully. Your current friends may not always be your friends. Do not share personal information (especially photographs) except with your most trusted friends.

### If you are having a problem with unwelcome or bullying comments or other material deal with it as follows:

- Click on the "Report/Block User" link below information posted on the site e.g. a picture. You could ask a friend or trusted adult to do so too.
- You will be switched to a forum where you can block the user. Once there, write a detailed report explaining what is wrong/harmful about the material e.g. it is being used to bully you - only then can the material be removed.

**Other social networking sites should also have privacy and safety settings. Social networking sites that do not have them should be avoided.**

### 4. Email:

**Do not respond to unwelcome or bullying emails.** Save and print them as evidence and if the bullying continues you can take them to the Gardaí (Police).

### 5. Webcam:

**If you have a webcam keep it covered when not in use.**



## Naomh Atrachta Kingsland NS Anti-Bullying Campaign

**PROTECT YOURSELF  
FROM CYBERBULLYING  
BY MOBILE (CELL) PHONE**



### Useful tips to help prevent cyberbullying by mobile (cell) phone:

- Always use a password to open your phone for use and tell nobody the password except your parents or guardians.
- Keep your phone number secret from anyone who cannot be totally trusted.
- Never pass someone's phone number on to a third party.
- Do not send pictures of yourself or others or personal messages by phone to anyone who cannot be totally trusted not to pass them on to someone else, someone who may be friendly with them but not with you.

**If someone gets your phone number and starts making unwelcome calls or sending unwelcome messages or pictures to you, no matter how annoyed or upset you are do not reply, do not delete the pictures or messages and do not remove a record of the calls from your phone's log. Instead, tell a parent, a teacher or other adult you trust. Then do the following:**

### To block a texter from sending you unwanted text messages or pictures:

- 02:** Text "BLOCK IT START" (in capital letters) to 50216 and follow the instructions you are given to block the number.
- Meteor:** Call Meteor on 1747 (pay as you go) or 1905 (bill pay) and give the number you want blocked. The company will then block the number.
- Vodafone:** Contact the Gardaí (Police) and they will contact **Vodafone**, which will then block the number
- 3:** Contact the Gardaí (Police) and they will contact **3**, which will then block the number

For **Nokia** phones, a free application called "**Safety Net**" can be downloaded either directly or from a computer, and this can be used to block texts regardless of the service provider so **Vodafone** and **3** users can use this if they have a **Nokia** phone. For **Samsung** phones, go to **menu/messages/settings/text messages/block number** and enter the number/contact to be blocked or select '**block number**' from inbox options. You can block up to 10 numbers.

Other phone suppliers may have similar systems. Check their user manuals or websites for further information.

### To block a phone number that is used to send you unwanted phone calls, whether anonymous or not:

- Keep a record of the times and dates of the calls (do not delete them from your phone's "call log"), whether you recognise the phone number or not.
- If your phone is off or on silent and any audio message is left do not delete this message either.
- Contact the Gardaí (Police) and give them the details of times and dates of calls and any audio messages left.
- They can then contact the service provider and have the number blocked as well as, if necessary, dealing with the sender.