



Malicious communications & bullying online

Malicious communications - Sending of messages can be a criminal offence as soon as it has been sent whether the person receives it or not. Sending nasty messages via your mobile devices is a form of bullying. Some children believe that cyber-bullying is not as serious as other forms of bullying but this is not true. Before you send an unkind message, just think of the impact it can have on that person. If you have nothing nice to say, say nothing at all! #BE KIND!



What can cyber-bullying involve

Virtual mobbing – Encouraging others to be mean
Doxxing- Sharing personal details of others
Trolling - Posting messages to upset and anger
Cyber-stalking - Using online messages to frighten or harass
Spamming - Sending a large number of unwanted messages
Flaming - Abusing someone in a live chat forum

ONECOPSTOP

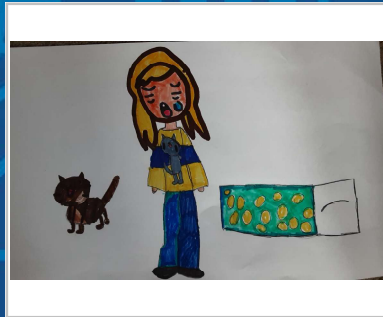
KEEP SAFE AND KNOW THE LAW



Hi there! This week we are talking about malicious communication and how we need to think about what we are posting online. Please remember if you have nothing nice to say, say nothing at all.

Fun & Games

Next week we will be talking about wildlife & rural crime. We would love to see what you have done or are doing to look after wildlife. Have you built a bug hotel or been litter picking in your local park? Whatever you have done let us know by emailing questiontime@suffolk.pnn.police.uk



Last week we asked for pictures of what made you happy during lockdown.

India, aged eight said: "This is a picture of me with my kitten Lucifer. He plays and gets up to mischief which is very funny, but not for my daddy. He makes me happy because he sneaks up to my bedroom at night and sleeps on my bed with me."

PARENT HUB

- www.bullying.co.uk is for parents and gives great advice on spotting the signs of cyber-bullying and what to do.
 - www.childlaw.org.uk explains how schools should be tackling cyber-bullying as it is their responsibility as well.
- Other websites:
- www.nationalbullyinghelpline.co.uk
 - www.suffolk.gov.uk/theparenthub www.suffolk.police.uk



What should you do

If you receive an unwanted message follow these steps:

- Do not respond to the bully, save the message and show it to a trusted adult.
- Report the bullying to the online provider for example TikTok, Instagram.
- Don't forget online bullying & malicious communications is a crime.

www.bullying.co.uk

www.thinkuknow.co.uk

www.lawstuff.org.uk

