

## Anti-Bullying Week 2016 - Online Safety Bulletin



**FACT!** 1 in 7 young people have taken a semi-naked picture of themselves. Over half went on to share the picture with somebody else.



This week is national Anti-Bullying Week. Together with schools across the UK, we have been raising awareness through House assemblies and talking to students about the range of support available to them both inside and outside school.



One of the main areas of focus has been bullying on social media platforms, including sexting. With today's young people spending an average of 4 hours a day online, adopting good digital resilience is key to your child's future. Being strong online means they are more likely to enjoy the benefits of the internet and are less likely to experience harm.

Talking to your child or grandchild about their online and social media habits can be difficult to tackle and understand. The NSPCC website has an excellent series of straight forward resources for parents and carers which can be accessed through their website:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/>



You can find out more about why young people sext, what the law says, what are the risks and how to talk to your child about sexting and staying safe.

"I've just found out my daughter has been sent some nude selfies on this instant messaging app. She had been speaking to these people and they started sending her inappropriate images and asked her to send them things."

NSPCC helpline caller

Looking for a way to start that all-important conversation about social media, gaming and other online activities with your son or daughter? Check out the latest issue of Digital Parenting magazine now. **FREE** copies of the magazine were sent home with eldest siblings before autumn half term. Alternatively you can read it on our website:

<http://www.westbourne.attrust.org.uk/Students/Internet-Safety/>

