

HOW TO HELP OTHERS...

- help them to report but remember don't bully the bully
- share know-how like taking screengrabs and setting up or configuring privacy settings
- 'leave', 'unfollow' and 'unlike' bullying
- don't leave it to someone else to make a difference

...BUT NOT PUT YOURSELF AT RISK



Sites and helpful information for safer internet use:

www.webwise.ie – provides parents and teachers with educational resources, advice and information about potential dangers on-line

www.watchyourspace.ie – advice and support for teenagers who use the web

www.childline.ie – ISPCC child safety issues

www.npc.ie – website of the National Parents Council Primary

www.garda.ie – An Garda Síochána

www.hotline.ie – confidential service for reporting suspected illegal content in the internet

www.internetsafety.ie – material available to download ('Get With IT!' series):

- A parents' guide to new media technologies
- A parents' guide to filtering technologies
- A parents' guide to social networking websites
- A guide to cyberbullying

For more information

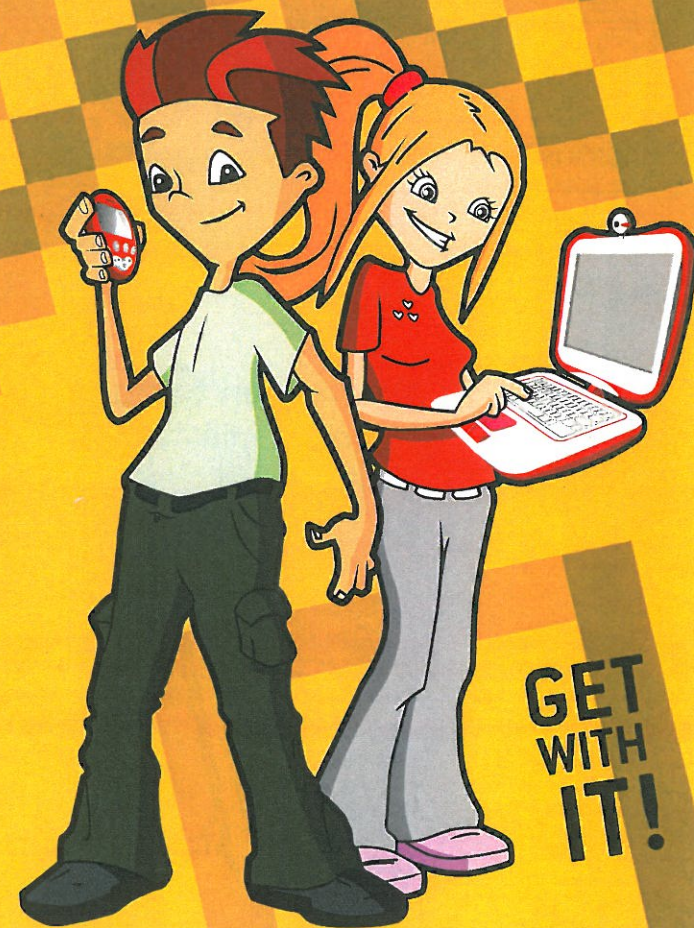
Contact: Office for Internet Safety
Department of Justice and Equality
51 St. Stephen's Green
Dublin 2

Email: internetsafety@justice.ie

The websites referred to in this leaflet and their content are the sole responsibility of the website providers.

This leaflet was produced by the Office for Internet Safety for Safer Internet Day 2014

Combat Cyberbullying



GET WITH IT!

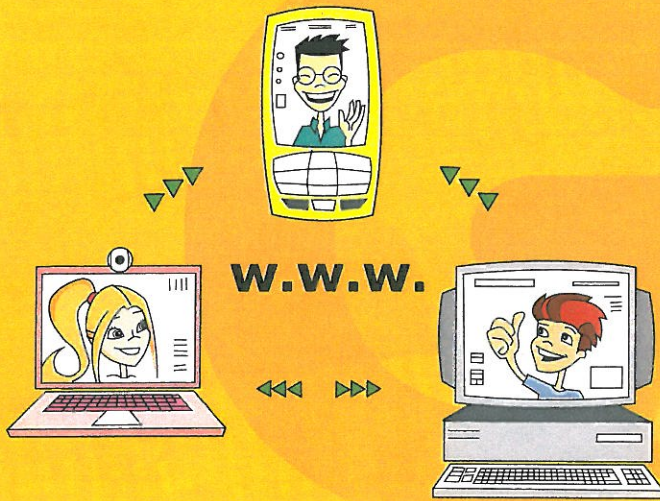


Office for Internet Safety

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THE INTERNET WORKS...



...don't abuse it!

DON'T annoy, harass or intimidate
DON'T be a cyberbully!



EXAMPLES OF CYBERBULLYING

Intimidation

- sending threatening texts
- posting abusive and threatening comments on the victim's profile or other websites
- sending threatening messages via instant messaging

Impersonation

- setting up fake profiles and web pages attributed to the victim
- gaining access to someone's profile or instant messaging account & using it to contact others
- bullying while impersonating the account or profile owner

Exclusion

- excluding or not including an individual from a popular online group or community such as a school or class group

Humiliation

- posting images or videos intended to embarrass or humiliate
- sharing and posting images or videos of victims being abused or humiliated offline
- sharing personal communications such as emails or texts with a wider audience than was intended by the sender

False Reporting

- making false reports to the service provider
- reporting other users for a range of behaviours with a view to having the users' account or website deleted

COMBAT CYBERBULLYING

Don't Reply to messages that harass or annoy. Don't respond in kind - beware - they might complain about you!

Keep the Message. You don't have to read it, but keep it. Record details, dates and times of any bullying that you experience. This can be used to investigate the bullying

Ask for help. Tell someone you trust - parent, friend, teacher, youth leader etc. For example talk to a teacher you trust or to a guidance counsellor. You can also call Childline in confidence on 1800 66 66 66 or get help through their online services at www.childline.ie

Block the Sender. Don't put up with it - block it! It may be possible to restrict unwanted communications (check the device manual or seek adult help). Mobile networks can't bar numbers but they will help you change phone number in the case of serious bullying

Report Problems. Don't put up with offensive content - report it! Many websites and mobile phone operators provide ways to report bullying content or other offensive material

GET WITH IT!

This booklet is about helping you

Parents worry about the dangers of new media for their children from accessing unsuitable content to being exposed to predatory adults. But the internet and the new media world, from mobiles to digital games, is also one of fun, learning, communications and creativity. This booklet is intended to increase awareness of all aspects of the new media world and to help parents navigate the often confusing maze of new media technologies and tools which their children are using. It is intended to help parents know more about the internet and digital age so that they can best keep their children safe – enjoying the wonders of the digital landscape and avoiding its downside.

For more information Contact:

Office for Internet Safety
Department of Justice
and Equality
51 St. Stephen's Green
Dublin 2

Freefone 1800 24 25 95
E: getwithit@justice.ie
W: www.internetsafety.ie

This booklet was originally produced for the Internet Advisory Board by Athena Media and was updated in 2007 by SIM research centre, Dublin City University. It was revised by the Office for Internet Safety in July 2010. All rights rest with the Office for Internet Safety.

A parents' guide to new media technologies

GET WITH IT!

understanding and sharing the new media technologies with your children



GET WITH IT!

This booklet is about helping you

The world of social networking websites is one of fun, communication and creativity. But for many parents, social networking websites can seem strange and confusing. Parents sometimes worry about the risks that these websites can hold for their children.

This booklet will help parents to understand these websites and help them to safeguard their children online.

For more information Contact:

Office for Internet Safety
Department of Justice and Equality
51 St. Stephen's Green
Dublin 2

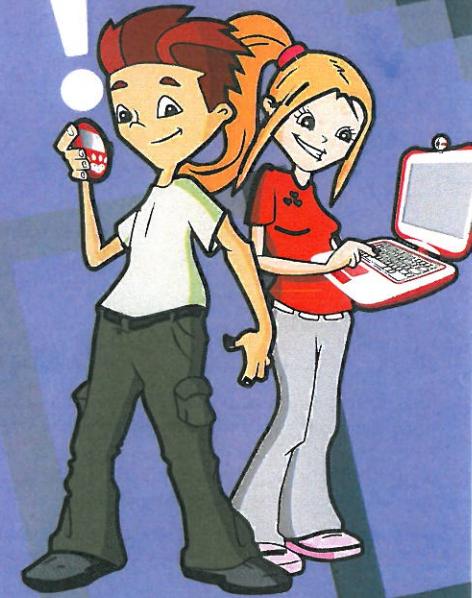
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A parents' guide to social networking websites

GET WITH IT!

Understanding and sharing the world of social networking websites with your children



GET WITH IT!

This booklet is about helping you

The world of new media technologies, particularly the internet, is generally one of fun, learning and creativity. However, parents sometimes worry about the dangers that these technologies hold for their children, from inappropriate content to the risks posed by predatory adults online.

This booklet is intended to advise parents on the benefits (and the shortcomings) of filtering technologies. It outlines how they work and encourages parents to use them as part of a package of measures to block inappropriate content from their children.

The message is simple, FILTER IT, it all helps to keep children safer.

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51 St. Stephen's Green
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A parents' guide to filtering technologies

GET WITH IT!



understanding the benefits of filtering to help protect your child online

**GET
WITH
IT!**

CYBERBULLYING:

What it is?

How to prevent it?

How to cope if it happens?

Where to turn for help?

**For more
information
Contact:**

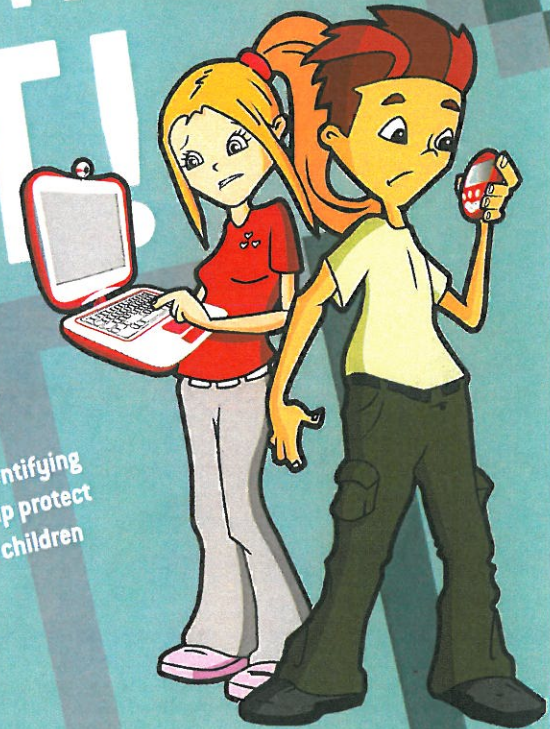
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A guide to cyberbullying

**GET
WITH
IT!**



*understanding and identifying
cyberbullying to help protect
your children*