

## Understanding Different Forms of Bullying and Taking Action

November 13th to 17th marks Anti-Bullying Week, and it's an excellent opportunity to engage your child in a conversation about bullying and learn how to take appropriate action, if you suspect your child is a victim. Defining bullying is the first step in identifying it, and it's important to note that it's unwanted, intentional, and persistent behaviour. Here are the different types of bullying to look out for:

- **Physical bullying** can include intimidating actions like kicking, punching, or hair pulling. It also includes grabbing, pushing, and tripping a child over.
- **Verbal bullying** can take the form of name-calling, teasing, or spreading rumours.
- **Emotional bullying** can happen when a child is excluded from social situations, often through 'cancelling' or ignoring them as if they don't exist. This can be encouraged through verbal bullying.
- **Sexual bullying** includes unwanted sexual contact or comments and is often used as a way to intimidate someone.
- **Cyberbullying** occurs through electronic devices and may involve sending or posting negative, harmful, or false content about another person. This can occur through social media, messages, online forums, and gaming communities.

## Tips for Supporting a Child Who is Being Bullied

<p><b>Listen to your child</b></p> <p>When your child confides in you, it's essential to remain calm and non-judgmental. Reacting emotionally can cause them to withdraw and avoid future conversations.</p>	<p><b>Make a note of the facts</b></p> <p>When you need to speak with school or the Police (depending on the circumstances) it is crucial to provide specific details such as dates, times, and locations of incidents. It can be helpful to keep a diary to note down these key details.</p>
<p><b>Help your child to be resilient</b></p> <p>Your child will most likely feel a sense of relief, however, they may still lack confidence. Encourage them to spend time with friends and participate in activities that will engage their mind and help them regain their sense of self.</p>	<p><b>Reassure your child</b></p> <p>It's vital to remind them that they have done the right thing by speaking to you. Involve them in the next steps by explaining that you will need to act on the information they've provided, but that they will be fully informed and included in the process.</p>

**If the bullying involves another student from school, it is vital to speak to a member of the pastoral team.**

## IN THIS MONTH'S ISSUE:

- Bullying
- Age Ratings

This month's app focus: Twitch

## 8 SIGNS THAT YOUR CHILD MAY BE EXPERIENCING BULLYING

It's important to keep in mind that a child may display some of these behaviours for other reasons. Therefore, it's critical to have an open conversation with your child to investigate, before assuming they are being bullied.

- 1. UNEXPLAINED INJURIES**

Have you noticed any injuries that seem to have strange or improbable explanations when they return home?


- 2. TORN BELONGINGS**

Has your child returned home with dirty or ripped clothes, and there's no reasonable explanation?


- 3. MISSING PROPERTY**

Has your child lost items that they cannot explain the whereabouts of? This may especially be their favourite belongings.


- 4. STRUGGLING TO SLEEP**

Is your child having sleepless nights where they seem to be worrying about something?


- 5. POOR EATING HABITS**

Has your child lost their appetite? Have their eating habits changed recently?


- 6. COMPLAINING OF SICKNESS**

Has your child started complaining that they feel unwell and therefore they are unable to go to school or go out with friends?


- 7. CHANGE OF FRIENDS**

Has your child stopped spending time with individuals or friendship groups that they used to keep?


- 8. ISOLATED AND WITHDRAWN**

Does your child seem unusually withdrawn? Are they spending more time alone?



# SPOTLIGHT ON SAFEGUARDING

## The Significance of Age Ratings: What They Are and Why They Matter

Age ratings are a crucial tool to assist you in determining whether content is appropriate for your child to view or access. They help safeguard children and young people from unsuitable or damaging content while they are watching, playing or interacting online. Although age ratings for movies, TV shows, online games, and social media can be confusing, it's important to research the media your child is accessing to ensure that it is suitable.

Most of us are familiar with age ratings for films, such as PG, U, 12 and 18 ratings, which are established by the British Board of Film Classification. However, various age ratings exist for apps and video games.

Below are the age restrictions for creating accounts on several social media platforms. The user's privacy settings can be influenced by the age given when setting up an account, so it is important to use the child's true age in order to protect them against inappropriate content.

Games are now regulated by the Pan-European Game Information (PEGI) system (see below), which rates games on their appropriateness for children. The symbols shown below the age ratings help parents/caregivers identify any unsuitable content that may be present in the game. It's crucial to note that it is illegal for any retailer to sell a game rated at 12, 16, or 18 to anyone below that age.



## Pan-European Game Information (PEGI)



## A Closer Look at Twitch and its Associated Risks

Twitch is a well-known video streaming platform that was initially created for people to watch others play video games. However, today, users can watch people live streaming as they eat, cook, or even walk down the street. Essentially, you can watch anything that someone is live streaming. The streamer provides live commentary, and users can participate in the chat by leaving comments.



### Potential Risks Associated with Twitch

Here are some of the risks to be mindful of:

- Since everything on Twitch is live, there is no regulation or moderation before it is published. This means that young people may be exposed to inappropriate content.
- Interactions with strangers is possible through 'Chats,' which are set up alongside streams for viewers. This puts young people at risk.
- Users can invite others to communicate privately through 'Whispers' (private messages) It's easy for unknown adults to engage in inappropriate conversations with young people unless appropriate privacy settings are used.

### Tips for Ensuring Your Child's Safety on Twitch

Although the platform has limited security features, there are things you can do:

- Take advantage of Twitch's ability to block Whispers if your child receives a stranger's request.
- Use Twitch together with your child so you can monitor the streams and chats they're involved in.
- Make sure your child uses their real age when registering their account. Twitch is only open to users aged 13 and above.