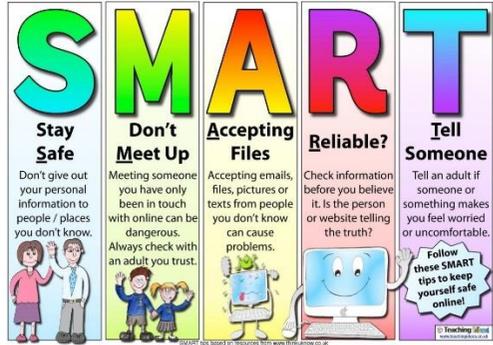


Computing and RHE – Online Safety and Relationships unit YEAR 4

<p>Cyberbullying</p> <p>This is where someone uses technology to be repeatedly unkind to someone. This could happen through the Internet, interactive computer games, text messages or phone calls.</p> <p>Cyberbullying can be extremely upsetting and scary to the person being bullied. Being bullied can cause all sorts of emotions from feeling lonely, angry, sad and anxious to feeling confused or worthless. Because the bullying is happening on your phone, tablet or computer cyberbullying can feel like a complete invasion as it can happen even when you're in a safe place like your bedroom. Being bullied can cause people to do things they wouldn't normally do such as hurting themselves or running away because they're scared or don't know how to stop it.</p>	<p>How to deal with Cyber-bullying</p> <p>No-one has the right to make you feel threatened or upset, here are some tips for taking action and dealing with it:</p> <ul style="list-style-type: none"> • Don't reply to upsetting or hurtful messages, no matter how angry they make you feel. Try and block them on social media and on your phone if possible. Check social media/phone provider's help pages for how to do this. • Keep a log of any messages or texts, take screenshots and don't delete anything. This will help when explaining what's happening to you. • You don't have to deal with the bullying on your own, talk to an adult you trust – a parent or guardian, a teacher, or counsellor. • If the bullying is happening on a website, social media site or online game, report it. Most sites and services have advice on how to do this in their online help centre. • Stay in control of your information, check privacy settings and keep your details private. • Remember there are resources online with support, advice and practical help on cyberbullying. • The worst thing a bully can do is get inside your head. Don't talk to yourself with the voice of a bully, and don't believe what bullies say about you, that's how they win. Talk over your feelings with someone and don't let the bullies get you down. 	<p>How to help a friend who is being cyber bullied</p> <ul style="list-style-type: none"> • Reinforce that no one deserves to be treated in this way and that they have done nothing wrong • Ensure that they know that there is help available to them • Encourage them to talk to a teacher that they trust so they feel they have somewhere safe at school to go to • Encourage them to talk to their parents/carers and if this isn't possible to write a letter or speak to another family member • Take screen shots of the cyber bullying so that they have proof this is happening • Report all abuse to the relevant social media networks by clicking on the "report abuse" button • Keep a diary so they have somewhere safe and private to write down their innermost thoughts and feelings which will help to avoid feelings bottling up • Give praise for being so brave and talking things through which will hopefully empower them to take responsibility and get help
<p>Search Engines</p> <p>A search engine searches the internet for you, using the words you type in and the order you type them in too. Search engines use amazing algorithms to help give you the most useful results first; they look at the order of the words you've written and which words are together. A search engine makes this index using a program called a 'web crawler'. This automatically browses the web and stores information about the pages it visits. Every time a web crawler visits a webpage, it makes a copy of it and adds its URL to an index. Once this is done, the web crawler follows all the links on the page, repeating the process of copying, indexing and then following the links. It keeps doing this, building up a huge index of many webpages as it goes. The information that the web crawler puts together is then used by search engines. It becomes the search engine's index. Every webpage recommended by a search engine has been visited by a web crawler. They give you results in a ranked order, which means that the results at the top of the page are the ones that the search engine thinks will be the most useful to you.</p>		 <p>The SMART acronym is presented in a colorful, cartoonish style. Each letter is a different color and has a corresponding illustration below it. The letters are: S (blue), M (green), A (yellow), R (red), and T (purple). Below each letter is a small illustration: a person for 'Stay Safe', two people for 'Don't Meet Up', a computer screen for 'Accepting Files', a person looking at a screen for 'Reliable?', and a person talking to another person for 'Tell Someone'. The text for each letter is: S: Stay Safe. Don't give out your personal information to people / places you don't know. M: Don't Meet Up. Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust. A: Accepting Files. Accepting emails, files, pictures or texts from people you don't know can cause problems. R: Reliable?. Check information before you believe it. Is the person or website telling the truth? T: Tell Someone. Tell an adult if someone or something makes you feel worried or uncomfortable. Follow these SMART tips to keep yourself safe online!</p>