



In this addition of open Minds, we have been focusing on online bullying and Domestic abuse in the Safeguarding awareness sessions.

## Online Bullying

Online bullying, sometimes called cyberbullying, is any behaviour that uses technology and devices to deliberately target or upset someone.

The internet is a tool, but how we use it is up to us. Some people choose to deliberately target or harass others, with the intention of upsetting or humiliating them. This is never okay and, for the victims, can be incredibly difficult and damaging.

## What's the difference between banter and bullying?

It can be difficult to tell the difference between a message sent online to bully someone, and a message sent online as a joke between friends. However, to the recipient, the difference is clear. A joke (or banter) is something that everyone understands and finds funny. Nobody feels like they are being unfairly singled out or targeted. This behaviour becomes bullying when the target does not find it funny, it's non-consensual or it hurts people's feelings. Some bullying can be unintentional, but this does not make it okay. The hurt and pain caused is still real and what was meant as a joke may still be deeply upsetting or offensive.

## Top Tips:

1. Always be kind and respectful online. Remember that just because you're not saying it to someone's face, doesn't make it okay. Bullying online is unacceptable.
2. Report and block the bullies! Most social media sites and some games have reporting and blocking tools to support users.
3. Don't retaliate. If someone is unkind online, being unkind back won't help. In fact, it could make the situation worse, and you could end up getting in trouble.
4. Save the evidence using screenshots (or a picture of the screen, if a screenshot isn't possible) of offending messages, conversations or other situations online involving bullying.
5. Tell someone! Speak to an adult you trust like a parent, carer or teacher for support and advice on what to do next.

**Segment taken from Childnet.**



## Protecting children from domestic abuse

Domestic abuse is any type of controlling, coercive, threatening behaviour, violence, or abuse between people who are, or who have been in a relationship, regardless of gender or sexuality. It can also happen between adults who are related to one another.

Domestic abuse can include:

- **coercive control** such as being told where to go and what to wear or being isolated from friends and family.
- **physical abuse** such as being punched, kicked, cut, or being hit with an object.
- **emotional abuse** such as being constantly undermined, sworn at, intimidated, ridiculed, harassed, or threatened with harm or death.
- **sexual abuse and rape** including within a relationship or being made to have sex with other people.
- **stalking and harassment** such as being repeatedly followed or spied on, being regularly given unwanted gifts or receiving unwanted communication.
- **economic and financial abuse** such as having access to money controlled or withheld or being prevented from earning money.
- **technology-facilitated abuse** such as having messages and emails monitored or deleted, constantly being sent messages or calls, or being tracked via device location.

## Witnessing and experiencing domestic abuse

Domestic abuse always has an impact on children. Being exposed to domestic abuse in childhood is child abuse. Children and young people may experience domestic abuse both directly and indirectly.

Children and young people may experience:

- not getting the care and support they need from their parents or carers as a result of the abuse.
- hearing the abuse from another room
- seeing someone they care about being injured and/or distressed.
- finding damage to their home environment like broken furniture.
- being hurt from being caught up in or trying to stop the abuse.



- being denied access to parts of their home, such as rooms being locked.
- being forced out of or losing their home.

Segment taken from NSPCC.

Contact a Samaritan: 116 123

[Contact Us | Samaritans](#)

Mind

[Get HELP now](#)

Respect Men's Advice Line

0808 802 4040

[Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadviceline.org.uk\)](#)

Young Minds – Welfare

0808 802 5544

[Young Minds Website](#)

Refuge- Women and children against domestic violence.

0808 2000 247

[National Domestic Abuse Helpline - Refuge](#)

Help for young people Childline – Welfare

0800 1111

[Childline Website](#)

<https://www.mankind.org.uk/> Domestic abuse for men.

## If you need any help or advice, please contact –

Designated Safeguard Lead – Steve Barnes Mobile 07425 783919 Office 01793 384449

[Steve.Barnes@f-tec.org.uk](mailto:Steve.Barnes@f-tec.org.uk)

Deputy Safeguard Lead – Sarah Engley Office 01793 384449

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By Steve Barnes Mar 2024

# F-TEC – Open Minds

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