



## **BLUE BUTTERFLY DAY AT HAWTHORN COMMUNITY PRIMARY SCHOOL**



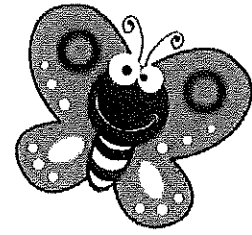
The Blue Butterfly Project will be held at Hawthorn Primary School on Monday 20<sup>th</sup> January. The focus will be on issues around bullying, physical and verbal aggression and e-safety.

The Neighbourhood Policing team will be delivering the presentation.

To make the day memorable, we have chosen the Blue Butterfly as the theme. There will be a discussion around this so that the children understand why this theme has been chosen.

Kind regards

Neighbourhood Policing Team



## 5 WAYS TO PROTECT YOUR CHILD

Did you know that 25% of public schools report that bullying amongst kids happens on a **daily or weekly** basis and that 1 in 5 high school students report being bullied in the past year? The following strategies will help keep your children from becoming targets and stop bullying:

1. **Talk about it.** Talk about bullying with your kids and have other family members share their experiences. If one of your children opens up about being bullied, **praise him or her for being brave enough to discuss it and offer unconditional support.** Consult with the school to learn its policies and find out how staff and teachers can help address the situation.
2. **Remove the bait.** If it's lunch money or gadgets that the school bully is after, you can help prevent the situation by encouraging your child to pack a lunch or go to school gadget-free.
3. **Buddy up for safety.** Two or more friends together are less likely to be picked on than a child who is all alone. **Remind your child to use the buddy system** when on the school bus, in the bathroom, or wherever bullies may be about.
4. **Keep calm and carry on.** If a bully strikes, a child's best defence may be to **remain calm, ignore hurtful remarks, tell the bully to stop and simply walk away.** Bullies thrive on hurting others. A child who isn't easily ruffled has a better chance of staying off a bully's radar.
5. **Don't try to fight the battle yourself.** Sometimes talking to a bully's parents can be constructive, but generally best to do so in a setting where a school official, such as counsellor can mediate.



## Parents - Talk to your children about Online Safety and Cybercrime

**Children and young people spend a lot of time online** – it can be a great way for them to socialise, explore and have fun. To be noted: children do also face risks such as cyberbullying or seeing content that's inappropriate.

**That's why it's important for them to know how to stay safe online** - whether you're unsure about what happens online or are up to speed with new technology, it's important that you talk to your child about staying safe.

**It may feel daunting, but you don't need to be an expert on the internet** - understanding what children do online and the risks they face will help you keep your child safe online.

**Talk about what might be OK for children of different ages** - ask your child what sites or apps they like. Write a list, and look at them together.

**Be positive about what you see** - but also be open about concerns you have: *"I think this site's really good"* or *"I'm a little worried about things I've seen here"*.

**Talk to your child about what you think is appropriate** – but also involve them in the conversation. Ask what they think is OK for children of different ages – they'll feel involved in the decision-making.

**Be aware** - that your child might talk about friends who use apps or visit sites that you've decided aren't suitable.

**Be ready to discuss your reasons** - but recognise that they may not agree with you. Listen carefully for the reasons why.

**Go through a final list of sites you both agree are OK** - and work out when you'll next discuss it.

### Ask your child if they know:

4. Where reporting functions are?
5. How to block someone?
6. How to keep information private?

### Talk about things they might see online which make them feel uncomfortable

Ask about things they, or their friends, have seen that made them feel uncomfortable:

- **Be specific** - what exactly made them feel uncomfortable and why? Is it people or animals being hurt? , or nasty comments about others?
- **Link these to things in the real world** - and explain that you're always here to protect and help them online.
- **Reassure your child that they can always talk** - to you about anything that makes them feel uncomfortable.
- **Show them how to report or block on the sites and apps they use** - use **Net Aware** to find out how.
- **Tell them you'll help them to report** - anything upsetting they've seen, or to deal with online bullying.