

Theme of the Week: Caring for Others

This is my
commandment, that
you love one another
as I have loved you.
John 15:12

Year 8 basketballers in city tournaments. Sports clubs after school continue to be very well attended and I was impressed with the resilience of our rugby players battling through very inclement conditions on Wednesday afternoon this week! In the arts, rehearsals continue for this year's production of 'Beauty and Beast' and we are all looking forward to seeing the fruits of the cast's efforts next term. Mrs Vincent has been making plans for our Carol Services which will take place during the school day on Wednesday 7th December at Bishop Hannington Church to ensure that all our students experience a Carol Service and the opportunity for some Advent reflection. Further details of these services will be forthcoming. I wish you all a pleasant weekend.

Mrs Price

Dear Parents/Carers,

November is a busy time in schools and this week has been no exception. Year 11 mock examinations are now underway the cohort impressed us with their excellent exam room behaviour and determination to do well this week. Thank you to all Year 11 parents and carers for your support in ensuring that students are well equipped and well prepared for their exams. Mock exams continue on Monday and run through the entirety of next week. This week has also seen some fantastic sporting success for our Year 9 netballers and

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Forthcoming Events

Thursday 17th to Friday 25th November	<ul style="list-style-type: none"> Year 11 mock exams continue
Tuesday 22nd November	<ul style="list-style-type: none"> KS3 girls' basketball tournament
Wednesday 23rd November	<ul style="list-style-type: none"> King's Primary School Community Games
Thursday 24th November	<ul style="list-style-type: none"> GCSE Certificate Evening

Introducing Head Student Freyja S

Freyja is one of two Head Students appointed for 2022-23 and she wanted to introduce herself to the wider school community through this article. Forthcoming newsletters will feature further updates from our Head Students.



“Hello, my name is Freyja-Angel and I am one of the Head Students this year at King’s School. I would just like to say how grateful I am to have this role and I hope to be able to support as many students as I can this year. I also wanted to wish all my fellow Year 11 students good luck as we continue with our mock exams next week. To all the Year 10 students starting out on their GCSE courses I can only advise you to start revising and consolidating your learning as soon as you can. All students should remember that scores do not define you as a person and you shouldn’t unduly stress about exams. Lots of luck everyone!”

Student of the Week

Students of the week	
Year 7	Huw L
Year 8	Lilika S
Year 9	Ramy S
Year 10	Tabitha E, Pepe W
Year 11	Lottie L

Year 11 Mocks

Year 11 mocks will continue through to Friday 25th November. Please see the below mock programme. These are an important part of the journey towards GCSEs and so please encourage your Year 11 student to revise as preparation.

Please remember to bring all your equipment to all your exams, as we are unable to lend you any. You will need a black pen, pencil, and eraser for all exams. You will also need a ruler, protractor and a pair of compasses for maths, and a scientific calculator for all Science papers, Business, Design Technology and Maths Paper 2.

Your pencil case must be clear, with no writing, and should contain only the equipment you need for the exam. You must remove the cover from your calculator and leave it in your bag. Water is allowed in the exam room, but it must be in a clear bottle, with any labels removed. Metal and other opaque materials will not be permitted.

No watches are allowed in the exam room, so these must be removed and left in your bag.

Finally, you must make sure that your mobile phone is switched off and stored in your bag before you enter the exam room. Having a mobile phone on you in the exam room is malpractice, and can lead to disqualification from one, or all of your subjects in the actual exams.

If you can, leave your mobile at home.

	Thursday 17 November	Friday 18 November	Monday 21 November	Tuesday 22 November	Wednesday 23 November	Thursday 24 November	Friday 25 November
Morning	English Language P2	Biology	Maths P1	English Literature	Chemistry	Physics	English Language P1
All start at 8.45		Comb. Sci. Biology			Comb. Sci. Chemistry	Comb. Sci. Physics	
Mid Morning		Religious Studies	History			Spanish Listening - Foundation Tier	Spanish Listening - Higher Tier
Afternoon	Geography P1	Spanish Writing	French Listening & Reading	Maths P2	Design & Technology	PE	Geography P2
All start at 1.30		French Writing			Food Prep & Nutrition	Drama	
		Media Studies	Spanish Reading		Business	Computer Science	
					Music		
Spanish & French Speaking Exams will take place on the 29th, 30th November, and 1st December.							
Art mock will take place on the 12th & 13th December.							

Sporting Success

Our incredibly talented Eddie B in Year 10 has reached his next target in his cycling career! Eddie is now ranked 4th in the country for his cycling discipline and is working in the GB talent pathway squad.

The Year 9 netball squad competed at their annual netball tournament yesterday afternoon over at Patcham. Unfortunately, the event was rained off after four rounds, but we did manage to beat Dorothy Stringer and Varndean! What was just so lovely, was that the squad included three very talented Year 8 students (Grace O, Riley C and Amelia J).

Highlight of the week was taking our Year 8 basketballers over to BACA. The boys played five games ...winning four and drawing one. They won the tournament and chanted all the way back to school on the minibus. Stand out player was Luka M and stand out leader was Jerome I.

Ms Staples



Anti-Bullying Week

This week, students at King's joined thousands of other schools nationwide, to mark Anti-Bullying Week. This year's theme was 'reach out'. Many students showed their commitment to this week by purchasing anti-bullying wristbands and wearing odd socks on Monday 14th. Our Year 7 and 8 cohorts took part in the annual odd socks day competition, to celebrate and welcome everyone's uniqueness. 7P won this year's competition, putting together an inclusive and fun competition photo. Every student took part in a year group assembly, specifically focusing on online bullying and trolling. Additionally, students engaged in a tailored tutor programme, focusing specifically on reporting incidents of bullying within a school environment. Finally, we were able to advertise our new student leadership role - the 'Anti-Bullying Ambassador' position. Students were informed on the job personnel and how to apply for this role. It is a great opportunity for students to join our wider student leadership team and embark on some external training. If your child is interested in applying for this position, please do encourage them to speak to their form tutor or Miss Staples.



Carol Service – Wednesday 7th December

It isn't too early to talk about Christmas! In 21st century Britain it is easy to lose sight of the fact that Christmas isn't meant to be about spending lots of money and eating too much. For Christians, Christmas is a celebration of the birth of Jesus Christ and a time to

remember that he came to earth as a man, to bring us into relationship with God.

This year we have changed the format of our Carol Service. As a Christian school we want our students to have the opportunity to attend a service at both Easter and Christmas - key Christian festivals. This year we will be holding Carol Services in the afternoon of Wednesday 7th December at Bishop Hannington Church. Students will be walked from school to the church to attend a service and will be dismissed from the church. Alternative transport will be made for those unable to walk to the church. Further information on this will follow.

At the end of each service, we would like to be able to give all students a small Christmas treat as they leave the church. We have decided that rather than mince pies, chocolate coins would be most appropriate. We would be really grateful for any donations to support us in doing this. If you would like to buy a bag (or more) of chocolate coins and donate them, they can be left in the school reception. If you would like to make a financial contribution towards the purchasing of chocolate coins, you will be able to find a link to do so on your ParentPay account. Any donations made above the cost of chocolate coins will be given to the work of Bishop Hannington Church.

Sixth Form Opening

The Sixth Form at King's will be opening in September 2023 and will accept both King's students and students from other local schools.

To apply for a place at King's Sixth Form for September 2023 please [click here](#).

Instagram: @kingsschoolsixthform

Twitter: @kingsschoolsix1

Beauty and the Beast – Request for Help

We are running a school production of Beauty and the Beast which will begin in February next year. Students are already beginning to rehearse for the show, and we are very impressed by how talented and hardworking they are!

Unfortunately, we are short of people who can play the violin, cello, clarinet and trumpet and are therefore asking if any parents or previous students would be happy to volunteer to play any of these instruments for the production. If you or anyone you know may be willing to volunteer, please email head@kingsschoolhove.org.uk.

Inspector Calls Trip

On Wednesday, the English Department took a large group of Year 11s to see the National Theatre's production of Priestley's 'An Inspector Calls', performed at Brighton's Theatre Royal. Set in 1912 and written in 1945, Priestley wrote the play as a dramatic representation of his socialist ideals. Focused on the theme of social responsibility, and the plight of society's most powerless at the hands of the privileged few, the play is as relevant today as when it was first performed to post-war audiences.

Unifrog

I am pleased to announce that we are now able to relaunch Unifrog, the award-winning careers platform.

Students will be introduced to the platform this term and will have received a login that has been sent to their school outlook accounts.

Unifrog brings into one place every undergraduate university course, apprenticeship, and college course in the UK, as well as other opportunities, such as School Leaver Programmes, MOOCs ('massive open online courses') and information on every college at Oxford and Cambridge universities.

In addition, I will be sending out a letter with details of how parents and carers can access the site so that you can support students from home.

Mr Walker

Assistant Headteacher



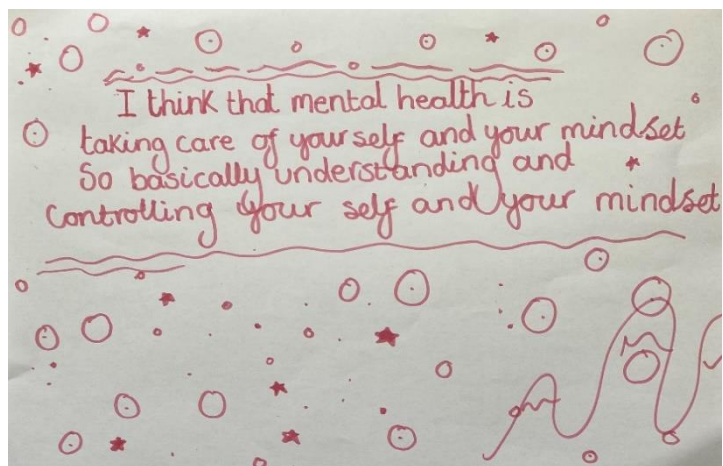
Parking on Hangleton Way

Please could we ask parents and carers to be mindful when parking on Hangleton Way. Parking unsafely outside of the school gates or on the zig-zag lines not only causes congestion along the road and issues for our neighbours, but also puts our students in danger. We thank you for your co-operation in this matter.

Mental Health Champions Workshop

14 students from Year 7 to Year 9 took part in their first Mental Health Champions workshop this week. This term we have been working very closely with the YMCA Wellbeing Service who work with local schools to help improve wellbeing and mental health and teach students how to be champions in this area. Mental Health Champions promote good mental health amongst their peers and play a key role in ensuring that positive mental health remains high on the agenda. The key aims are to plan a student lead action, idea, event, or campaign to promote mental health awareness and support at King's.

They have all made such a positive start and we look forward to their progress throughout this academic year.



Music Department Update

We've had a busy term in the Music department. Stage Band are working hard on the score of Beauty and the Beast, Choir are working on new repertoire, the Orchestra is preparing for the Carol Service, and Rock Band are rocking it out on a weekly basis! In addition, after the success at last year's summer talent show the wonderful Mr Sidoli is now running a SEND Rock Band.

Miss Woods is putting together a Cantata project for KS4 in conjunction with Create Music and we now have more students than ever before having instrumental lessons, so the department is alive with music at all hours, which is truly wonderful.

With all this going on we have decided to postpone our usual Winter Showcase concert until Easter; we will keep you posted nearer the time as to the date and time. However, students may want to start thinking about solos that they would like to perform in the concert, it's never too early to get practising.

In the meantime, we look forward to seeing you at Beauty and the Beast in February.

Attendance

Whole school attendance was over the school target of 96% on Thursday this week – well done!!! Particular congratulations to Year 11 who had over 98% attendance for the start of their mock exams – keep it up!

Archie M, Leia M and Harrison P

Archie and Leia M in Year 9 are collecting for the Royal British Legion Poppy appeal.

They attended both North and South Cemeteries on Sunday morning (13th November) as well as the main parade at Grand Ave in the afternoon.

On Friday night they are spending the night out under a cardboard shelter to help raise awareness of those who are sleeping rough in the city. You can sponsor them - <https://www.justgiving.com/fundraising/big-sleep-out-archie-and-leia>. Any support is massively appreciated.



King's School Fund

Raising money to enrich and expand our students' experiences.

Visit <https://www.justgiving.com/campaign/kings-school-fund> or click on this image to be taken to the page.

Every donation has an impact on a student's education experience.

Thank you for your support



King's School Fund

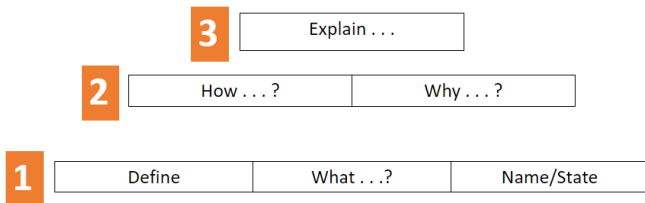
We would also like to share the recent efforts of Harrison in Year 10 for the poppy appeal.

Harrison spent the whole of Saturday selling poppies on George Street and then again on Remembrance Sunday. He also attended two services standing at the centotaph in Hove perfectly still and silent for two hours. Harrison showed great determination, perseverance, and resilience, as well as embodying our school values.

Well done to all three of these students.

Revision Tip – Retrieve taking

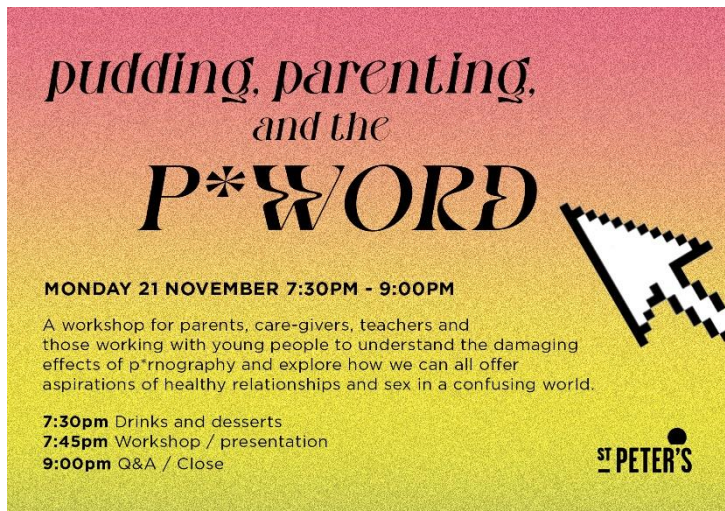
This week we have been looking at retrieval pyramids and retrieve taking as our revision tip. Revision pyramids are an example of a mixed retrieval quiz. You begin with factual recall and move to quizzing yourself using higher order questions. Research shows that this is a more effective revision strategy than 100% factual recall as you need to apply your facts to a more detailed answer.



Last week we looked at making notes using the Cornell method. Retrieve-taking is another note making method. This could be a good method to use when being presented with new information. In this you read a text/watch a video and pause at points to write down what you remember. This helps us to focus whilst reading/watching as we will need to demonstrate we can recall the information. You can then write up your notes as part of your revision using a Cornell grid or a retrieval pyramid.

Naked Truth Workshop Monday 21st November

The Naked Truth is an excellent organisation who work with young people in schools to highlight the damaging effects of pornography and offer guidance on healthy relationships. Our Year 10s recently had a workshop in school which they found very useful. The Naked Truth Project are running a city-wide parents event at St Peter's Brighton on **Monday 21 November at 7.30pm**. It is open to parents and promises to be an informative evening to help adults better understand how to help our young people navigate well this vital area of healthy relationships and sex in the digital world.



Funded by the Department of Education (DfE), HAF offers free enriching holiday activities with a healthy meal included.

Dates: Monday 19 to Friday 23 December, with a more limited offer between Wednesday 28 to Friday 30 December

Eligibility: Children and young people in Reception to Year 11 who receive benefits-related free school meals (FSM)

The offer includes everything from playschemes to sports providers, and drama schools to family cooking sessions.

Get involved! Visit www.brighton-hove.gov.uk/haf to view the full events calendar and book directly with your chosen activity providers.

HAF booking codes:

A unique HAF booking code is required for each individual child.

- If your child took part in Summer HAF 2022, please use the same unique HAF booking code. You can ask for this to be resent by emailing HAF@brighton-hove.gov.uk with the full name and date of birth of the child
- Those who are new to HAF must first apply for their unique HAF booking code by visiting www.brighton-hove.gov.uk/haf

To ensure everyone gets the support they need, please only book what you know you will attend.

Please email HAF@brighton-hove.gov.uk with questions or for support.



Streetfunk Department for Education Brighton & Hove City Council **HAF** Holiday Activities and Food

Winter HAF

Holiday Activities and Food

This winter Streetfunk in partnership with Brighton & Hove City Council will be running a Winter HAF to all teens between 12-16 who currently receive free school meals.

We will provide: (all free)

- Dance workshops
- Hot lunch and snacks
- Bus pass for the week
- Commercial dance classes with one of Brighton and Hove's best commercial dancers (Lea Vernon)
- A real studio experience at Brighton Marina Studios
- Filming and performance opportunities including TikTok

10am til 2pm | 19th December - 23rd December
11 Mermaid Walk, Brighton Marina Studios, BN2 5WA
For more information please contact Dionne via dionne@streetfunk.co.uk

Speakers for Schools

Broadcasts are a great way for students to hear directly from leading figures from a range of industries, and have the opportunity to ask questions via a moderated Q&A. Speakers for school provide live and recorded broadcasts for students to participate in. Watch pre-recorded broadcasts from the library [here](#). Next week's broadcast schedule is below:

Date	Monday 21st November 1:45-2:30pm
Speaker	World Cup of Careers: Cheryl Foster, Teacher and Women's EURO Referee For KS3-5/S1-6
Info	More details to follow Click here to register

Date	Wednesday 23rd November 2:10-2:55pm
Speaker	Starting a Business with Malcolm Robertson, Founder, Charlotte Street Partners For KS3-5/S1-6
Info	More details to follow Click here to register

Date	Thursday 24th November 10-11am
Speaker	Greta Thunberg, Dr Adriana De Palma & Dr Khalil Thirlaway– In Partnership with Penguin and the National History Museum For KS4-5/S4-6
Info	Join Greta Thunberg and the Natural History Museum for an online schools event on biodiversity loss – one of the themes of Greta's new book, <i>The Climate Book</i> . Recorded in London, Greta took part in a discussion with Museum biodiversity researcher, Dr Adriana De Palma, and a small group of young people about the importance of tackling biodiversity loss alongside climate change and how the solutions are linked. The event was chaired by one of the Museum's science communicators Khalil Thirlaway. Watch the premiere of the event and have your questions answered live by Dr Adriana De Palma and Dr Khalil Thirlaway. As well as the livestreamed event, teachers will also be able to access an accompanying resource from the Natural History Museum packed full of ideas for conversation starters in the classroom. Find out more about <i>The Climate Book</i> here . Click here to register

Design a Poster for Beauty and the Beast

Beauty and the Beast School Production- Design a poster!

We would like you to design a poster for the Beauty and the Beast school production taking place in February. All Years are welcome to submit an entry. Your design should include:

- No text! Design/ drawing only
- No copied Disney images or logos
- Lots of colour!



Please submit your entries to Ms Flamson, Headteacher's PA via the school office.

Entries should be submitted no later than Friday 2nd December 2022.

Happy designing 😊

Canteen menus

The canteen will be running special menus over the next two weeks in recognition of the men's football world cup. Students will have the opportunity to win a football at random, through finding the lucky sticker on their meal.

Celebrate Festival of Football Monday 21st Nov - Friday 25th Nov

Monday	Tuesday	Wednesday	Thursday	Friday
England v Iran & Senegal v Netherlands	Mexico v Poland & France v Austria	Japan v Germany & Morocco v Croatia	Korea v Uruguay & Ghana v Portugal	USA v England & Wales v Iran
Bread and Butter Pudding (lunch)	Tacos with Minced Beef, New Potatoes & Sweetcorn & Salad (lunch)	Yakisoba (Chicken Noodles) (lunch)	Samyeopsal (BBQ Chicken Wrap) (lunch)	BBQ Pulled Pork(break)
Yassa Chicken served with Rice (Lunch)	Apple Tart & Cream (lunch)	Baghrir - Honey Pancakes (lunch)	Waakye Served with Rice & Fried Beans (lunch)	Bara Brith & Chocolate Cookies (lunch)

Celebrate Festival of Football Mon 28th Nov - Fri 2nd December

Monday	Tuesday	Wednesday	Thursday	Friday
Portugal v Uruguay & Switzerland v Brazil	Wales v England & Ecuador v Senegal	Denmark v Austria & Poland v Argentina	Spain v Japan & Germany v Costa Rica	Brazil v Cameroon & Serbia & Switzerland
Pasteis de Nata (egg custard tart) (lunch)	Welsh Rarebit (break)	Frikadeller (meatballs and Gravy) (lunch)	Paella (lunch)	Bolinhos (Mini Cinnamon Doughnuts) (lunch)
Alpine Macaroni Cheese with Zopf (plaited bread) (lunch)	Quinoa Salad (lunch)	Sernik (Baked Cheesecake) (lunch)	Lebkuchen (Gingerbread) (lunch)	Jollof Rice & Chicken (lunch)



Are you cutting back this Christmas?

With the threat of looming energy bills, many of us will be thinking about how we can make cut backs this year.

That may be as simple as turning off the light when we leave a room, or putting on an extra jumper instead of turning up the thermostat. But many of us will also be thinking about cutting back on other expenses, such as Christmas cards, extra presents and all the trimmings for the Christmas Dinner.

Firstly, we just want to say that if you're struggling at any point, in any way, do please reach out to us, so we can offer you support.

Secondly, as many of us make cutbacks we do have an opportunity to think about why we celebrate Christmas in the first place.

The Bible tells us that one special family experienced their first ever Christmas with no central heating, no place to stay and not even a cot to put their new-born baby in. And amazingly this is why we celebrate it:

...Though he was rich, yet for your sake he became poor, so that you through his poverty might become rich. (2 Corinthians 8:9)

Come and experience God with us this Christmas!

Rev'd Tim. On behalf of Your Parish Church, St. Peter's.

Christmas at St Peter's

Wednesday 21st December
Service of Lessons and Carols - 6.30pm

Christmas Eve
'Christingle in the Crib' - 4pm
Midnight Mass - 11.15pm

Christmas Day
All-age Christmas Eucharist - 10am

Sunday 1st January 2023
All-age Eucharist - 10am

Sunday 8th January 2023
Parish Eucharist Epiphany - 10am

For all events and information about our Church visit www.stpeterswestblatchington.org.uk

Christmas Fair - Saturday 3rd December

Join us at St Peter's Community Centre,
Hangleton Road, Hove, from 11.30am to 2.30pm

Fun for all the family:

- Free kids craft and fun
- Carol singing
- Christmas stalls
- Christmas raffles & tombolas
- Cakes/refreshments
- Visit Father Christmas in his grotto

A wow Christmas experience for all! Entrance just 20p

www.stpeterswestblatchington.org.uk

Come along to our free lunchtime concerts

20th January

Margaret Watson on harp

17th February

Sussex Camerata

18th March

Rachel Smith on flute and Paul Gregory on guitar

21st April

The Boat Band

1.10pm in the Church. Entrance is free!
And refreshments are provided.

Donations welcome to support future concerts.

Full details on our website
www.stpeterswestblatchington.org.uk

St Peter's 'Open Church' drop-in

On the first Friday of every month
10.30am - 12noon



For coffee, conversation and companionship.

We are open between 10.30am and 12 noon for you to 'drop-in' for a coffee, piece of cake and a chat.

A very warm welcome awaits you, so please do 'drop-in' - we'd love to see you.

Support us through Easyfundraising and help us make a real difference!

Easyfundraising works by turning everyday shopping into funds. When you use the easyfundraising website or app to shop online, the brand sends us a free donation at no additional cost.



Scan to get started for free today
Or visit: <http://efraising.org/Zps1CWL7SS>

St Peter's West Blatchington. Registered Charity 1166661



Your Local Church By The Windmill

ST PETER'S CHURCH REGULAR WEEKLY SERVICES

SUNDAY

10.00am - Parish Eucharist (with Sunday School)

Family Service - 1st Sunday of the month at 4.00pm

10.00am Online service. Visit tinyurl.com/stpeteronline

If you would value prayer or even just a chat, a member of the clergy would be delighted to speak with you.

Please visit our website www.stpeterswestblatchington.org.uk for all our planned events.

www.stpeterswestblatchington.org.uk

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC, the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

