



KIDS ZONE

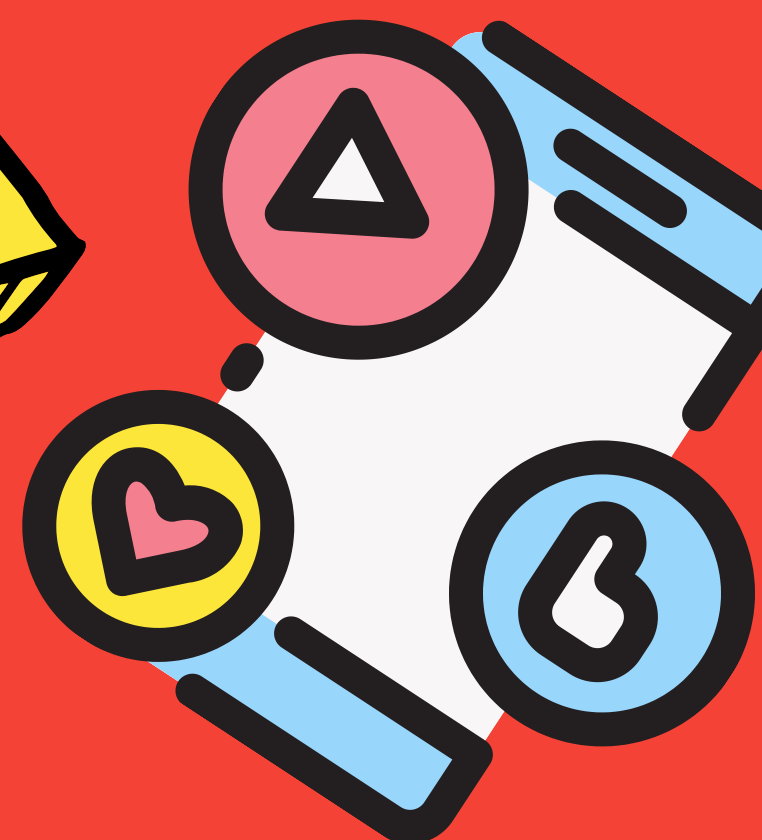
WELCOME TO THE NOVEMBER EDITION OF OUR KIDS ZONE NEWSLETTER!

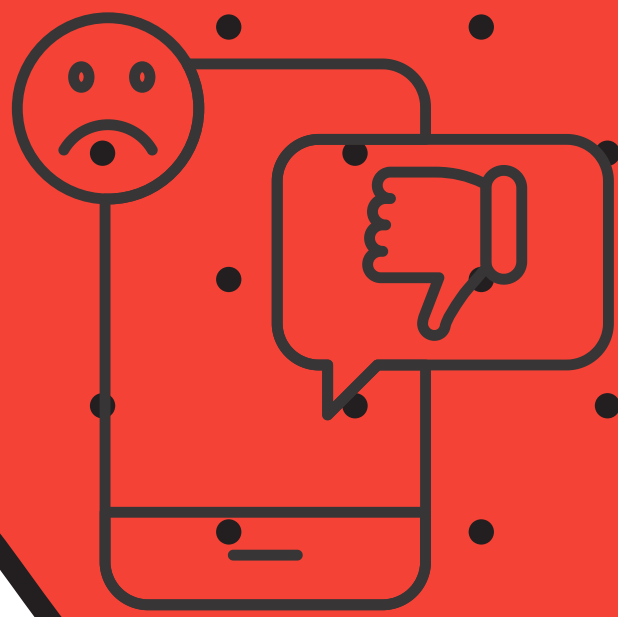
We hope you had a blast settling back into school and enjoyed the October half-term festivities, not to mention the dazzling fireworks! This month's newsletter is all about the not-so-fun topic of Online Bullying, a.k.a. cyberbullying. We picked this theme to line up with Anti-bullying week happening from November 11th to 15th 2024. We're packing in tons of tips on what online bullying looks like, how it can mess with your vibe, and what you can do to send those bullies packing! Plus, we've tossed in some quizzes and activities to keep you safe and sound.

The Dynamic Duo - John and John!



November 2024





WHAT IS ONLINE BULLYING

Cyberbullying is like the villainous sidekick of traditional bullying, but it struts its stuff on digital devices like mobile phones, computers, and tablets! It sneaks around through texts, social media, and gaming platforms, dishing out negativity like confetti. Whether it's hurling nasty comments or spilling someone's secrets for a good cringe-worthy laugh, cyberbullying can make even the toughest cookies crumble. And sometimes, it even takes a detour into the land of the illegal!



So, where does this digital drama unfold? Here are the hotspots:

- Social Media, where Facebook, Instagram, Snapchat, and TikTok are the stages for the online circus
- Texts and messaging apps?
- Instant messaging, direct chats, and all that jazz on the internet
- Online forums, chat rooms, and message boards like Reddit, filled with keyboard warriors
- Email, for when you want to keep it classy with a side of drama
- Online gaming communities, where the stakes are high and so are the insults!



Don't forget to chat with a trusted adult about any worries swirling in your brain, or give a shout-out to report any cyberbullying on those social media pages!*

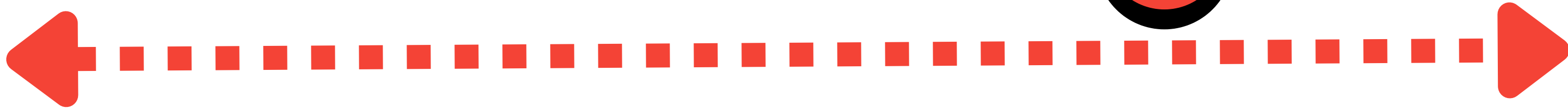
Online Bullying



HELP WITH CYBERBULLYING AND BEING ONLINE



Looking for a superhero guide on dealing with bullies? Well, you've hit the jackpot! Here's the scoop on how to tackle bullying head-on, what your next moves should be, and tips to keep your social media game safe and sound!



BULLYING ON SOCIAL MEDIA

No one is safe from the online trolls or the bullies lurking in the digital shadows! If you've found yourself or a buddy in this sticky situation, it can feel like a wild maze. But fear not! Childline are here to help you navigate the chaos and tackle that bullying like a pro!

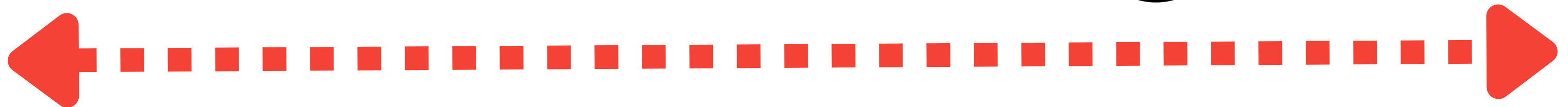


Information



HELP WITH CYBERBULLYING AND BEING ONLINE

Dive into this snazzy interactive quiz that'll help you spot and shut down online hate faster than a cat meme goes viral! Get ready for some thought-provoking discussions and a sprinkle of self-reflection!



WHICH ANIMAL ARE YOU ? 11-14 YEAR OLDS

Are you a roaring lion or a loyal dolphin? Dive into this Kidscape quiz to discover your true self!

Are you the friendly sidekick or the sneaky bully in the playground? Let's find out!



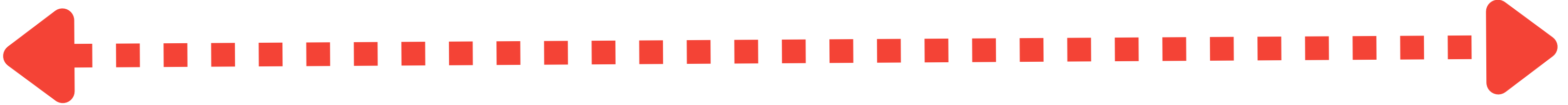
Quizzes



QUIZ: ARE YOU AN ACCIDENTAL CYBERBULLY?



Ever hit “send” on an online comment, only to cringe later? You might be a secret cyberbully and not even know it!



WHICH ANIMAL ARE YOU ? 7-10 YEAR OLDS

Are you a roaring lion or a loyal dolphin? Dive into this Kidscape quiz to discover your true self!

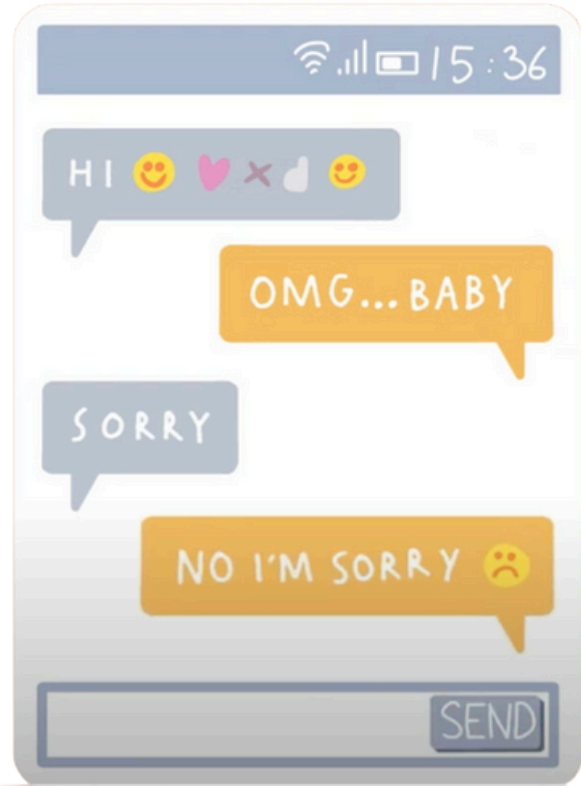
Are you the friendly sidekick or the sneaky bully in the playground? Let's find out!



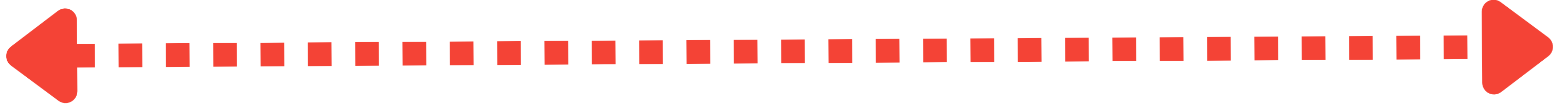
Quizzes



CBBC - CYBERULLYING



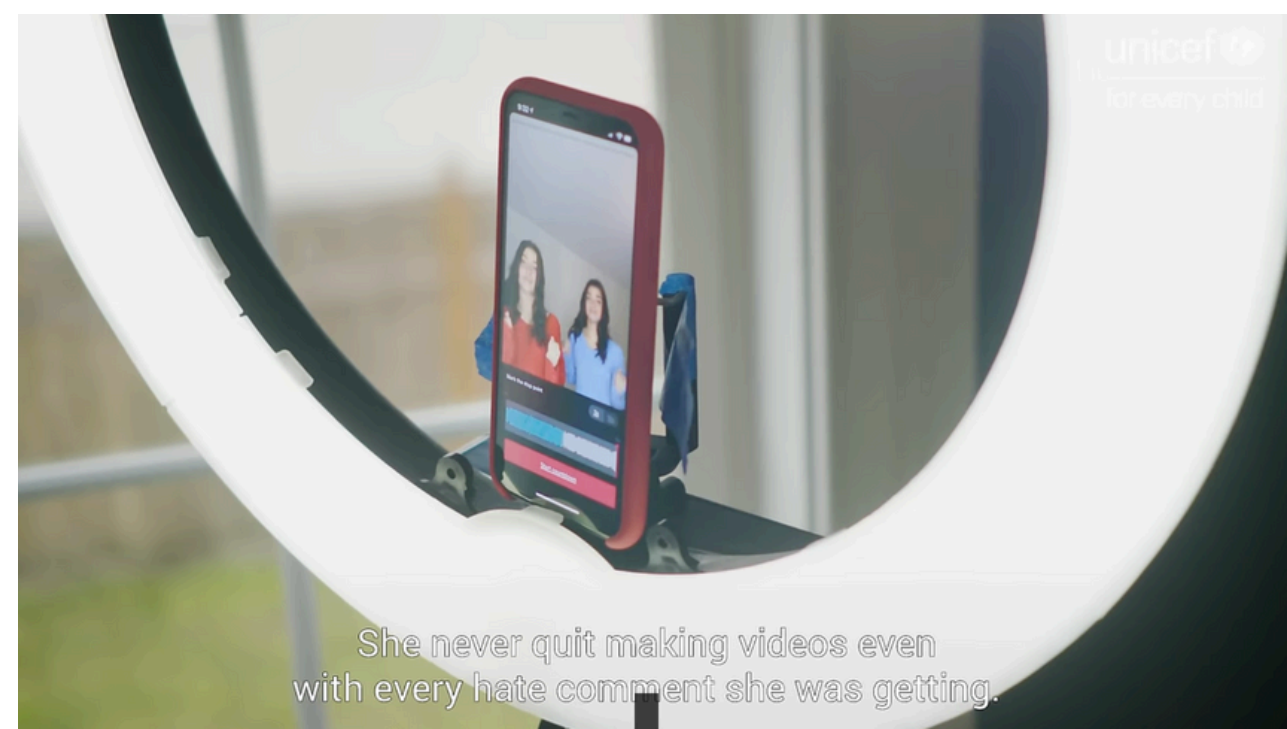
The Lifebabblers dive into the wild world of cyberbullying, chatting about what it really means and the not-so-fun effects it can have on folks!



UNICEF- CHARLI AND DIXIE D'AMELIO ON BEING

BULLIED ONLINE

TikTok queens Charli and Dixie D'Amelio spill the tea on their bullying experiences and drop some golden nuggets of wisdom on how to turn the internet into a friendlier playground!



HELP!

Reporting

If you ever feel unsafe or not comfortable with something that you've seen or that happens online.....if it just doesn't feel right then there are many ways in which you can get help. Firstly try talking to your parents but if you don't feel ok with that then try some of the links below.....

CEOP

CEOP is a law enforcement agency and is here to keep children and young people safe from sexual exploitation and abuse. Click on the link below to make a report



CHILDLINE

Call us free on 0800 1111 or find out how to get in touch online, What ever your worry, we're here for you.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



REPORT REMOVE

Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.



Nude image of you online!
We can help take it down.



IT'S OKAY
to get
7! help