



Online Bullying

Year 4 Online Safety Home Learning

Autumn Term 2

I can recognise when someone is upset, hurt or angry online.



Hello families,

We are learning about online bullying and how it can make people feel.

It is important that we notice when someone might be upset, hurt or angry online, as we can then offer support and help to keep them safe.



What we are learning



To understand that bullying behaviour can make someone feel upset, hurt or angry.



To be aware of online behaviours that may show that someone is feeling upset, hurt or angry.



To understand that someone may try to pretend they are not upset, hurt or angry online.



Questions to ask

- What sort of things do people do when they're feeling upset, hurt or angry?
- If someone is upset, hurt or angry, how can they show their feelings online?
- Do you think people show their 'true' feelings online?
- Can you always tell if someone is feeling upset, hurt or angry online?
- What can you do if you think someone is being bullied online?



How might someone feel?

Bullying behaviour can make someone feel...

Upset

Hurt

Angry

Sad

Worried

Lonely

Embarrassed

Confused

Frustrated



Signs to look for online

How might someone show they are upset, hurt or angry online? Here are some examples:



Posting sad or angry messages



Being quieter online than usual



Not wanting to join games or chats



Avoiding groups or leaving chats



Being negative about themselves



Deleting posts or messages



Using angry or upset emojis



Not responding to friends



Saying they are 'fine' but their messages seem different



They might not show their true feelings

Sometimes people try to pretend they aren't upset, hurt or angry online. They might:

- still post funny or positive messages
- use jokes or memes to hide how they feel
- say 'I'm fine' even if they aren't
- act like nothing is wrong
- hide their feelings so others don't worry



Remember...

- ✓ Be kind online – words and actions can really affect how someone feels.
- ✓ Notice if someone's behaviour changes online.
- ✓ Check in with friends if you are worried – a simple 'Are you ok?' can make a big difference.
- ✓ If you think someone is being bullied online, tell a trusted adult.



Talk Together

- Have you ever noticed a friend acting differently online?
- What are some signs that someone might be upset, hurt or angry?
- Why might someone hide their true feelings online?
- What can we do to support someone who is being bullied online?



Key Message

Bullying behaviour can make people feel upset, hurt or angry.

Be kind, notice the signs and speak to a trusted adult if you are worried.



Parent/Carer Tip

Talk to your child about how people might hide their feelings online. Encourage them to be kind, to look out for their friends and to tell a trusted adult if they are worried about someone.



Play Extension

Create a 'Be a Good Digital Friend' poster or guide. Include ideas for how we can show kindness online and the signs to look out for if someone might be upset, hurt or angry.



Be Safe | Be Kind | Be Aware

