

St Benedict's Catholic High School

ANTI CYBERBULLYING POLICY (Addendum to Behaviour Policy) 2025-2026

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St Benedict's
Catholic High
School

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ANTI CYBERBULLYING POLICY

(Addendum to Behaviour Policy)

Rationale

Young people today use a wide range of digital technologies — social media, messaging apps, gaming platforms, livestreaming, online forums, and AI-powered tools — to connect, learn, and socialise. While most interactions are positive, some individuals misuse technology to harass, intimidate, or exploit others. This includes not only traditional forms of cyberbullying but also AI-enabled risks, such as manipulated images (deepfakes), impersonation, and AI-generated harmful content. Our school recognises these risks and is committed to providing a safe, respectful environment where all students use technology responsibly.

Definition

Cyberbullying is when someone is tormented, threatened, harassed, humiliated, or targeted using digital technologies. This includes but is not limited to:

- Social media platforms, messaging apps, livestreams, and online games
- Mobile phones, tablets, computers, and other connected devices
- AI-generated or manipulated content used to embarrass, threaten, or misrepresent others

Cyberbullying can take many forms, such as spreading rumours, sharing private information, excluding individuals from online groups, creating fake profiles, or using AI tools to impersonate or degrade others.

Cyberbullying is bullying. It has the same consequences!

Cyberbullying takes place between children; but also across different age groups.

www.stopcyberbullying.org

www.thinkuknow.co.uk

Policy

St Benedict's Catholic High School is committed to developing a safe environment where the students act respectfully and positively towards each other in acceptable and non-threatening ways, we do this by:

- Promoting digital respect and responsibility
- Educating students and staff on safe, ethical use of technology and AI
- Responding quickly and appropriately to incidents
- Working in partnership with parents, carers, and external agencies.

Procedure

Staff here have the responsibility to ensure that:

- all forms of cyberbullying and AI misuse are prohibited
- staff are aware of cyberbullying and are able to identify and look for signs of occurrence among the students (see Appendix 1)
- students have been made aware of the consequences of cyberbullying and AI misuse in St Benedict's
- a code of conduct is in use for technology, including computers and mobile phones, whilst on the school premises
- all cases of cyberbullying are reported to the Online Safety Lead (OSL) and the Senior Assistant Headteacher (SAHT) and responded to promptly. These incidents are logged and appropriate action taken.
- there is supervision of technology that is effective for monitoring and deterring cyberbullying
- students are supported in cases of cyberbullying and AI Misuse. (See Appendix 2)

Students must:

- Not engage in cyberbullying or AI misuse
- Not create, share, or promote AI-generated harmful content (e.g., fake images, videos, or messages)
- Not record or share unauthorised audio, video, or images of peers, staff, or community members
- Not breach privacy through unauthorised use of digital media
- Report incidents of cyberbullying or suspected AI misuse to a trusted adult or through the Safety Hub
- Support and stand up for peers who may be victims of bullying
- Use AI tools responsibly, ethically, and in line with school expectations

Strategies

St Benedict's promotes awareness and prevention of cyberbullying and AI misuse through:

- Posters, newsletters and assemblies
- Curriculum links in Computer Science, and Personal Development covering AI ethics, misinformation, and online behaviour
- Workshops and input from safeguarding professionals and the police
- The St Benedict's Safety Hub reporting app
- Guidance and promoted content via EduLink and Microsoft Teams
- Parent information sessions on online safety and AI awareness

Monitoring and Evaluation

Monitoring of progress towards implementation of this policy through termly meetings by the Online Safety Lead, Senior Assistant Headteacher (Behaviour and Standards) and the Designated Safeguarding Lead.

How is Technology Used to Bully?

Technology can be used both positively and negatively. The table below explores the range of ways today's technology can be used.

Technology:	Great for:	Examples of misuse:
 Mobile phones	Keeping in touch by voice or text, taking and sending pictures and film, listening to music, playing games, going online and sending emails. Useful in emergency situations and for allowing children a greater sense of independence.	Sending nasty calls or text messages, including threats, intimidation, harassment. Taking and sharing humiliating images. Videoing other people being harassed and sending these to other phones or internet sites.
 Instant Messenger (IM)	Text or voice chatting live with friends online. A quick and effective way of keeping in touch even while working on other things.	Sending nasty messages or content. Using someone else's account to forward rude or mean messages via their contacts list.
 Chatrooms and message boards	Groups of people around the world can text or voice chat live about common interests. For young people, this can be an easy way to meet new people and explore issues which they are too shy to talk about in person.	Sending nasty or threatening anonymous messages. Groups of people deciding to pick on or ignore individuals. Making friends under false pretences – people pretending to be someone they're not in order to get personal information that they can misuse in a range of ways – e.g. by spreading secrets or blackmailing.
 Email	Sending electronic letters, pictures and other files quickly and cheaply anywhere in the world.	Sending nasty or threatening messages. Forwarding unsuitable content including images and video clips, or sending computer viruses. Accessing someone else's account, e.g. to forward personal emails or delete emails.
 Webcams	Taking pictures or recording messages. Being able to see and talk to someone live on your computer screen. Bringing far-off places to life or video conferencing.	Making and sending inappropriate content. Persuading or threatening young people to act in inappropriate ways. Using inappropriate recordings to manipulate young people.
 Social network sites	Socialising with your friends and making new ones within online communities. Allowing young people to be creative online, even publishing online music. Personalising homepages and profiles, creating and uploading content.	Posting nasty comments, humiliating images / video. Accessing another person's account details and sending unpleasant messages, deleting information or making private information public. Groups of people picking on individuals by excluding them. Creating fake profiles to pretend to be someone else, e.g. to bully, harass or get the person into trouble.
 Video hosting sites	Accessing useful educational, entertaining and original creative video content and uploading your own.	Posting embarrassing, humiliating film of someone.
 Virtual Learning Environments (VLEs)	School site, usually available from home and school, set up for tracking and recording student assignments, tests and activities, with message boards, chat and IM.	Posting inappropriate messages or images. Hacking into someone else's account to post inappropriate comments or delete schoolwork.
 Gaming sites, consoles and virtual worlds	Live text or voice chat during online gaming between players across the world, or on handheld consoles with people in the same local area. Virtual worlds let users design their own avatars – a figure that represent them in the virtual world.	Name-calling, making abusive / derogatory remarks. Players may pick on weaker or less experienced users, repeatedly killing their characters. Forwarding unwanted messages to other devices in the immediate vicinity.

Supporting the person being bullied or targeted by AI content

1. Reassurance & Support
 - a. Acknowledge the victim's courage in reporting.
 - b. Inform parents/carers and provide pastoral support.
2. Practical Steps
 - a. Encourage victims not to retaliate.
 - b. Help them preserve evidence (screenshots, links, metadata).
 - c. Advise reviewing personal privacy and security settings.
 - d. Support them in blocking/reporting accounts or leaving harmful online spaces.
3. Containment & Action
 - a. If AI-generated content (e.g., fake images or deepfakes) has been shared, take steps to remove it.
 - b. Contact the platform host to request takedown of harmful or fake material.
 - c. Use disciplinary powers to confiscate devices where appropriate.
 - d. In cases of illegal activity (image-based abuse, threats, hate speech), inform the police.

Cyberbullying and Safe Internet Use

Cyberbullying

Cyberbullying and AI misuse can occur across all platforms and devices. It's aim is to deliberately upset someone else.

Cyberbullying is bullying. It has the same consequences!

Cyberbullying takes place between children; but also across different age groups.

If you are being bullied, no matter how, let someone know.



Safe Internet Use (SMART+ Rules)

S Safe

Keep safe by being careful not to give out personal information - such as your name, email, phone number, home address or school name - to people you don't trust online.

M Meeting

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A Accepting

Accepting emails, IM messages or opening files, pictures or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!

R Reliable

Someone online may be lying about who they are, and information you find on the internet may not be reliable.

T Tell

Tell your parents, carers or a trusted adult if someone or something makes you feel uncomfortable or worried. You can report online abuse to the police.

+AI Artificial Intelligence

Use AI responsibly. Never create or share fake images, videos, or voices of others. Do not use AI tools to bully, impersonate, or spread false information. Always label AI-generated

work when used for school projects. Be cautious — AI content can look real but may be misleading.