



THE DRY ARCH CHILDRENS CENTRE'S LTD

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*CyberPAL is  
Coming to Your  
School!  
On  
Tuesday  
28th March*





## What is CyberPAL?

**Cyberbullying** harms children and has even driven vulnerable young people to take their own lives. Only by working together can we stop this hurt and offer much needed information and support to young people, parents, teachers and others who together share responsibility for children.

Dry Arch Children's Centres has developed

**CyberPAL** information, training and support programme.

- *Explaining what Cyber bullying is; how it works and what harm it does.*
- *Emphasising the need to treat others as we want to be treated ourselves.*
- *Staying safe on-line to prevent Cyber bullying, grooming or accessing inappropriate content*
- *Recognising when someone is being targeted*
- *Dealing with Cyber bullying together.*

## Additional Information

Where will the session take place? In **CUMBER CLAUDY PRIMARY SCHOOL**

Who will be attending the sessions?  
**Primary 5, 6 and 7 Children will attend the programme during school hours.**

Who delivers the programme?  
**The programme is delivered by Claire Heaney (Training Officer) and Donna O'Kane (Young Persons Support Mentor) from the Dry Arch Children's Centres Ltd.**

How long will the session last?  
**Approximately 1 hour 15 minutes.**

**Will there be any information for Parents?**

Yes we will be providing a parents workshop running in the evening time for all those who wish to know more about the online world that your young person is growing up in. **Details of this will be sent out in the summer term.**

## Key Messages of CyberPAL

**Bullying is wrong!**

**Bullying hurts!**

**You don't have to put up with it**

***You can get help***

***We are all in this together***

