

If you are being bullied online, what can you do about it?

Tell someone—A bully will always say if you tell someone, the bullying will get worse but this is a scare tactic and is very untrue. Your parents, friends and teachers will always support you

Block the bully—Most devices have settings that allow you to electronically block emails or text messages from specific people

Allow parents access— Sometimes letting your parents into your 'private world' can be a good thing

Save every message— Save and print each and every thing they send you

Never respond—Replying to that hurtful comment will only worsen the matter and will just make the bully continue to torment you

Try to identify the person— write down any screen names or personal details they reveal

Advice for young people on how to use the Internet safely

- Never give out personal information over the internet
- Don't ever send pictures of yourself online to anyone as they could be accessed by anyone, even if they are your friend
- Tell your parents if you are sent anything that makes you uncomfortable
- Tell your parents if someone asks you to meet them in public
- Make sure your profile doesn't contain any personal information e.g. address or phone number
- Be wary and sensible about accepting new people
- Change your password frequently and never give it out to anyone, not even friends

BULLYING AND INTERNET SAFETY



An information leaflet for young people and parents on the effects of Bullying and advice on how to use the Internet safely

**CYBER BULLYING !
AFFECTS REAL LIVES !**