



ONLINE SAFETY

WHAT TO DO IF YOU ARE BEING BULLIED ONLINE

- 1 Tell an adult you trust.**
Bullying can be hard to talk about but you shouldn't feel that you have to handle it alone. Talk to an adult you trust. This could be your mum or dad, another family member or a teacher. They will support you and help you to make it stop. You can also talk to Childline by calling 0800 1111.
- 2 Talk to someone your age.**
Talk to a friend or if you don't want to talk to someone you know, you can post messages and get advice on Childline's Message boards.
- 3 Block the bullies.**
Most websites will let you block people to stop them communicating with you. Find out how to do this on the sites you use.
- 4 Keep the evidence.**
Keep any nasty emails, texts or web pages so you can show someone what's been going on.
- 5 Report mean videos, pictures, comments or pages to the website you've found them on.**
Learn how to do this different sites that you use.



www.THINKUKNOW.co.uk



Childnet
International

www.childnet.com



**UK Safer
Internet
Centre**

www.saferinternet.org.uk



A National
Crime Agency
command

www.ceop.police.uk

**IF YOU HAVE CONCERNS AROUND YOURSELF
OR A FRIEND ONLINE REPORT IT TO A
MEMBER OF STAFF IN SCHOOL**