

# Cyberbullying:

## What it is & how to stop it

The internet is a great place to find information, do things you enjoy online and to talk to friends, family and other people who like the same things as you.



The internet can be a big part of how you spend your time so it is important to know how to keep safe online.



**Cyberbullying** is when someone uses technology – like computers or phones – to share something that is hurtful, or to threaten someone, on purpose.

Cyberbullying often takes place on social media sites and can be something nasty written in a message, or it can be an unkind photo or video.


Cyberbullying can be done by one person to another person or by a group of people to one person. Cyber bullying is upsetting and can make a person feel angry, embarrassed and alone.





# Banter or Bullying?


Using social media can be a great way to talk to people and share things that are important to you.

## Here are our Top Tips to stay safe online:


 Tell someone. Telling someone about being cyberbullied can help to stop it.


 Keep the evidence – save or copy any photos, videos, texts, e-mails or posts that worry or upset you so you can show them to someone you trust and get their advice and support.

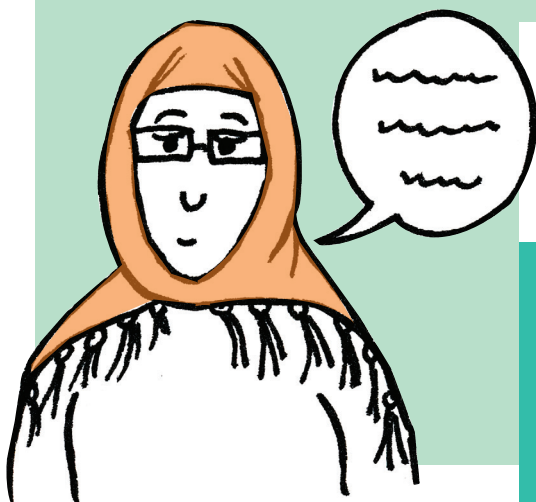
 You can report and block someone who is bullying you online.


 If you are not sure how to block someone online or report bullying ask a friend or adult for help.




 Make sure you know who you are talking to. Check they are who they say they are – it is easy to set up fake profiles or lie online. If you're not sure ask for help.

 If you have made friends with someone online and you want to meet up with them always take an adult family member or friend with you. Remember people can lie about who they are – it is always better to be safe than sorry.

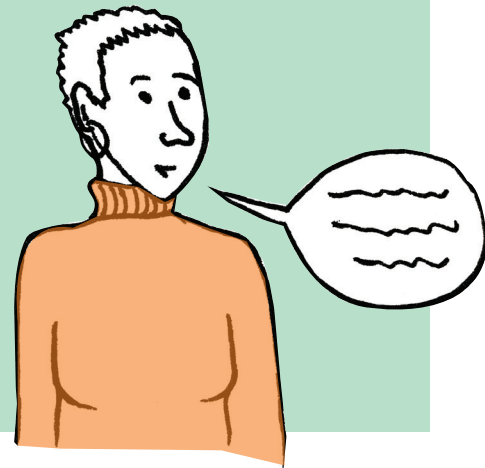


 Never share private photos or videos of yourself, even if you really like the other person and they ask you to.

 If you've posted something online that you regret or are worried about talk to an adult you trust or call ChildLine.



Make sure you have your social media profiles set to the highest possible privacy settings. If you are not sure how to do this ask another young person or adult to help you.



Be careful not to share personal details about yourself on social media sites – this includes things like your address and where you go to school or college.



Think before you post photos, videos or updates about yourself – is it something you would be happy for your Granny to read or see? Remember that anything you share online can easily be shared with others.



Always be kind and respectful to other people when using social media sites. If someone posts something that upsets you – don't send an angry message -show it to an adult you trust and ask for advice.



Keep your passwords private and change them regularly. Log out of the site when you are done and then close the window.



*Be careful what you post online*

It's not okay to bully or threaten anyone online – it's wrong and it can be stopped.

Here are some people you might want to talk to about cyberbullying and staying safe online:

You can talk to anyone who you think will listen to you and help you: family, friends, teachers, counsellors or the police.

If you are 18 and younger you can talk to ChildLine.  
They are free and private.  
Phone 0800 11 11 Go online: [www.childline.org.uk](http://www.childline.org.uk)

If you are 19 and older you can contact The Samaritans.  
They can give you private advice. Phone 08457 90 90 90.

Illustrations by Pen Mendonça



# TELL SOMEONE, ASK FOR HELP



The Anti-Bullying Alliance and Council for Disabled Children are hosted by National Children's Bureau.  
Registered Charity No 258825. Registered in England and Wales No 952717.  
Registered Office 8 Wakley Street, London EC1V 7QE. A Company Limited by Guarantee