

Cyberbullying Top Tips

- No one has the right to bully you and make you feel upset
- But there are things that you can do to prevent it from happening or make it stop.
- Although cyber bullying can't physically hurt you it can still make you feel bad and is a form of emotional abuse.
- Stop Block & Tell – investigate your social media site and learn how to report or use the stop button
- Don't be an accomplice and think before you click/retweet/comment/email
- Respect others online
- Google yourself - specialist website will keep your information
- Talk to someone you trust like a parent or teacher. They can help you to sort it out.
- Don't reply to any messages you receive - this may encourage the bullies.
- Keep a copy of the abusive emails, texts or messages that you receive and when they were
- Change your online nicknames or user ID to something different
- Block email addresses
- Don't give out anyone's contact information without their permission, copy email address use bcc:
- Never give out any personal details on the internet such as your real name, address, age or phone number. Even telling someone which school you go to can help them find out your information.
- Remember- laugh at it and you are part of it
- Only give your mobile number out to people you already know and trust
- Be careful who you trust
- Stay in charge in chat – if something bothers you, leave
- Check your profile for personal information: age, school, road
- Meeting someone you have only been in touch with online could be dangerous – talk to your parents/guardians
- Try to imagine that the person you love most in the world is watching you..... That way you will never say or do anything that you will later be ashamed of.

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Family, Friends, Childline 0800 1111, Anti-Bullying Alliance