



## CYBERBULLYING : HELP FOR YOUNG PEOPLE

### PREVENT CYBERBULLYING

#### DO I KNOW YOU?

Say no to strangers, NEVER agree to meet anyone you don't know! Report their behaviour and ALWAYS tell an adult if they are persistent about meeting you, no matter what threats they might make – Your safety comes first!

#### WORRIED ABOUT A FRIEND?

If you know your friend is being cyberbullied, you can help them by taking action on their behalf such as telling an adult and reporting the bully as this will show your friend that they're not alone

#### SAY NO TO PEER PRESSURE

Avoid passing on messages you are asked to send around, especially if they contain abusive/cruel content

#### THINK BEFORE YOU CLICK

Avoid forwarding or typing anything that your family, friends or others may find offensive

#### SCHOOL INFORMATION

Your school will have an anti-bullying policy, find out what they can do about the cyberbullying

Cyberbullying is intentional, malicious acts of communication through technology using social media, email, text messages, and other digital platforms