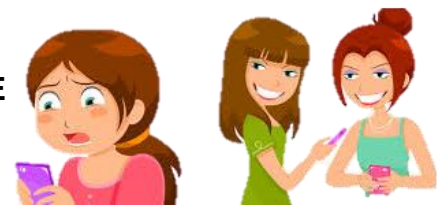


CYBER BULLYING: HELPING YOU ONLINE



Cyber bullying is any form of bullying which takes place online, via smartphones, tablets, gaming, chat forums and social media. If someone is repeatedly cruel – that is bullying. No one should blame themselves. No one deserves to be treated badly.

4 simple steps to stop bullying online



Do not respond to any messages – most of the time, bullies are only after a response, so don't let them have this from you.



Screenshot any messages – capture any copies of the messages.



Mute accounts so you can no longer see the users. You can hide messages or posts from users without them ever finding out? Using 'mute' (or similar) features on social media still shows you following other users, but their updates do not appear in your feeds or timelines. Check the settings page on the social media site to find out how to do this. If you accidentally muted someone, you can also 'unmute' them without them knowing either!



Tell Someone – take the messages you have screenshots, and show a trusted adult, so something can be done about the offending user(s).

If you are the person who is doing the bullying, you can visit ditchthelabel.org for help & information

PARENTS

Does your child have a smart phone/tablet? Or are you thinking of buying them one? **It doesn't matter which one you buy. The important thing is keeping them safe when they are using it.**

PARENTAL CONTROLS

www.internetmatters.org is a website which can guide you through how to set up parental controls across a host of devices – and even via your broadband.

Setting these up will allow you to decide age appropriate content which your child can access on these devices.

More information on how to report, block, mute and update privacy on social media sites can be found via the following pages:



[facebook.com](https://www.facebook.com)



[youtube.com](https://www.youtube.com)



support.twitter.com



help.pinterest.com



help.instagram.com



tumblr.com



support.snapchat.com



If you're 11-19 years old, you can text your school nurse for free, confidential advice and support on 07507 331 525