

## 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 screenshotted, 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](http://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](http://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](https://support.twitter.com)



[help.pinterest.com](https://help.pinterest.com)



[help.instagram.com](https://help.instagram.com)



[tumblr.com](https://tumblr.com)



[support.snapchat.com](https://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