

Information for Children and Young People

CYBERBULLYING: STAYING SAFE



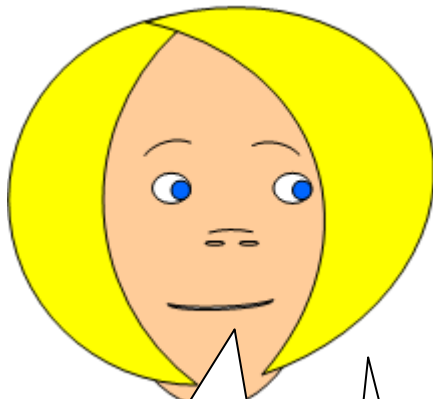
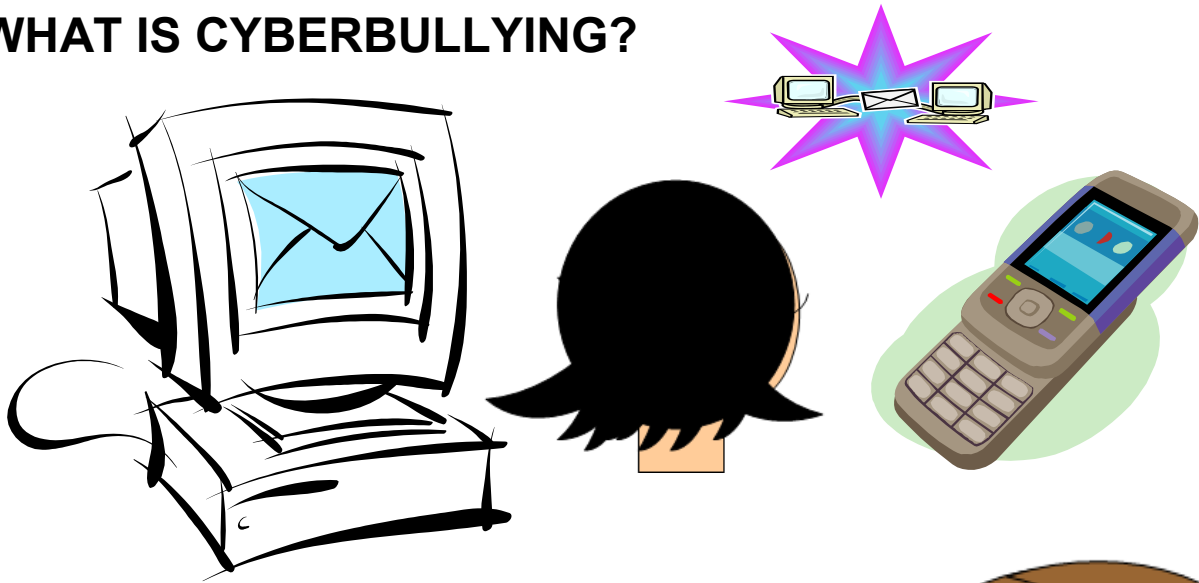
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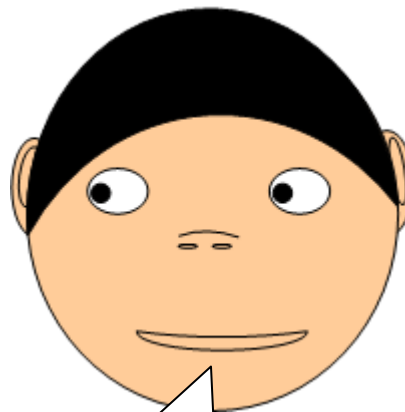
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The internet can be used to learn, be creative, chat to friends, send pictures, play games and watch programmes and films, but there are dangers too...

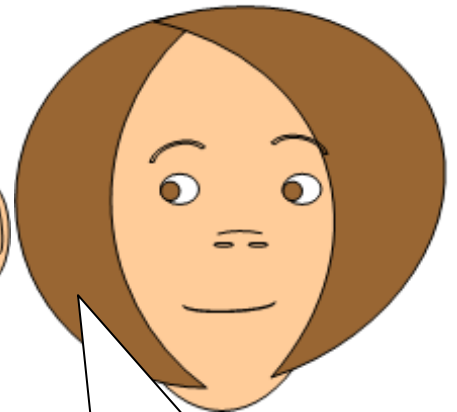
WHAT IS CYBERBULLYING?



Andy, what's cyberbullying?



Our teacher says it's when people use phones and the internet to upset someone.



Abi, our teacher says you should always tell an adult you trust straight away about cyberbullying.

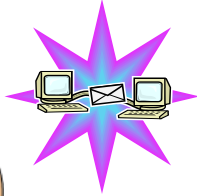
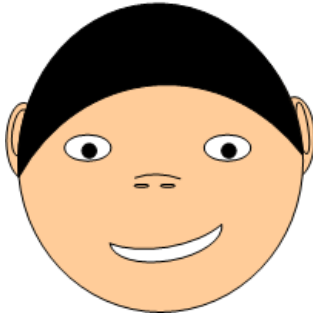
So, I don't have to put up with cyberbullies – I can tell an adult like my teacher or my parents!

That's right! They can do something about it.

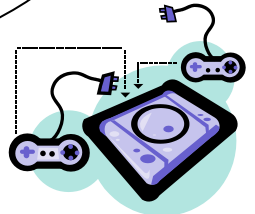
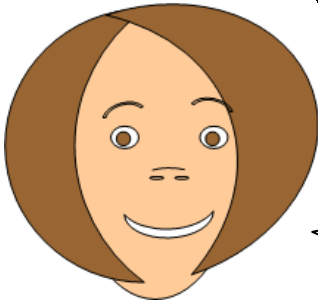




Don't try and get even with the bully. Save the evidence. Tell an adult. **Block the bully!** Did you know that there is a "Report Abuse" button? Use it if you need to. It will take you through to web pages that give good advice.



Don't give your mobile number or password to anyone you don't know. – and **NEVER** meet up with anyone you don't know – it is dangerous!



If you see cyberbullying going on, support the person and tell an adult you trust – how would you feel if no one stood up for you?

A central cartoon illustration of a young girl with bright yellow hair and a friendly smile.

Always respect others

Save the evidence

Treat your password like your toothbrush

Block the bully – don't retaliate or reply

Think before you send

Make sure you tell

HELPFUL CONTACTS

Childline

0800 1111

Childline is a free 24 hour helpline for children and young people in the UK
www.childline.org.uk

Beatbullying

Charity which works with schools and young people to tackle bullying. Their **Cybermentors** site is a place where young people can support and help each other deal with bullying or other problems.

<http://www.beatbullying.org/>

E-Safety guidance from The Child Exploitation and Online Protection Centre

www.thinkuknow.co.uk

Kidscape

www.kidscape.org.uk

Bullying.co.uk

Support for children and young people

www.bullying.co.uk

Anti-Bullying Alliance

www.anti-bullyingalliance.org.uk/

Community Educational Psychology Service, Anti-Bullying Support Team,
Directorate of Children and Families, Nottingham City Council
Glenbrook Management Centre, Wigman Road, Bilborough,
Nottingham, NG8 4PD

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