

Simple steps to having an awesome  
*digital life!*

Educating & Protecting Young People by:



# Cyber-bullying

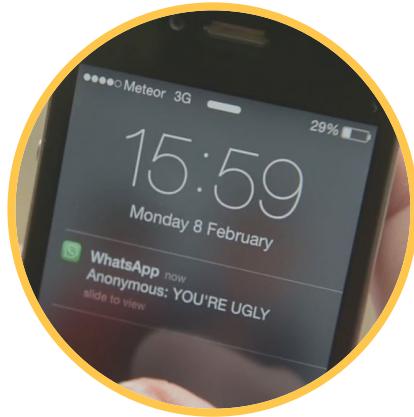
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Follow these 3 easy steps if you're effected by **Cyber-bullying**



### 1: *Keep the evidence.*

If you receive anything that upsets, hurts or worries you online, it's vital that you keep the evidence. Keep all unwanted messages and also take screens shots. These messages will help you moving forward and allow you to get help. Without the evidence, it's going to be hard to get the correct help that you need.

### 2: *Show someone.*

Show a trusted adult. This could be a parent or carer, a school teacher or any other adult in your life you're happy to talk to (football coach, youth-club worker etc). If you keep it to yourself, not only could the cyber-bullying continue, but its likely to get worse. Remember, no one has the right to bully you, so if it's happening, you're going to need help.

More options on the next page.



### 3: *Never 'ever' respond.*

Bullies always want a reaction. If you give them one by responding, this will give them the 'Power' to continue. As soon as you respond, you're confirming that you have their message, they now know you'll get any others and you're encouraging it to continue. Don't help them, easily take the 'Power' back by not reacting or responding.

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Below are some extra places you can get help with

# Cyber-bullying



## NSPCC

Over 18

web: [www.nspcc.org.uk](http://www.nspcc.org.uk)

email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

call: 0808 800 5000

Under 18

web: [www.childline.org.uk](http://www.childline.org.uk)

call: 0800 1111



## Anti-Bullying Alliance

web: [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)



## Samaritans

web: [www.samaritans.org](http://www.samaritans.org)

call: 116 123



## Family Lives

web: [www.familylives.org.uk](http://www.familylives.org.uk)

email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

call: 0808 800 2222

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*#StaySafeStayAwesome*

[www.thestaysafeinitiative.org.uk](http://www.thestaysafeinitiative.org.uk)