What is Cyber bullying?

Cyber bullying is when a person, or a group of people, uses the internet, mobile phones or other digital technologies to threaten, tease or abuse someone. It's against the law to bully someone in this way and if someone is being mean or threatening you, something can be done to stop them.
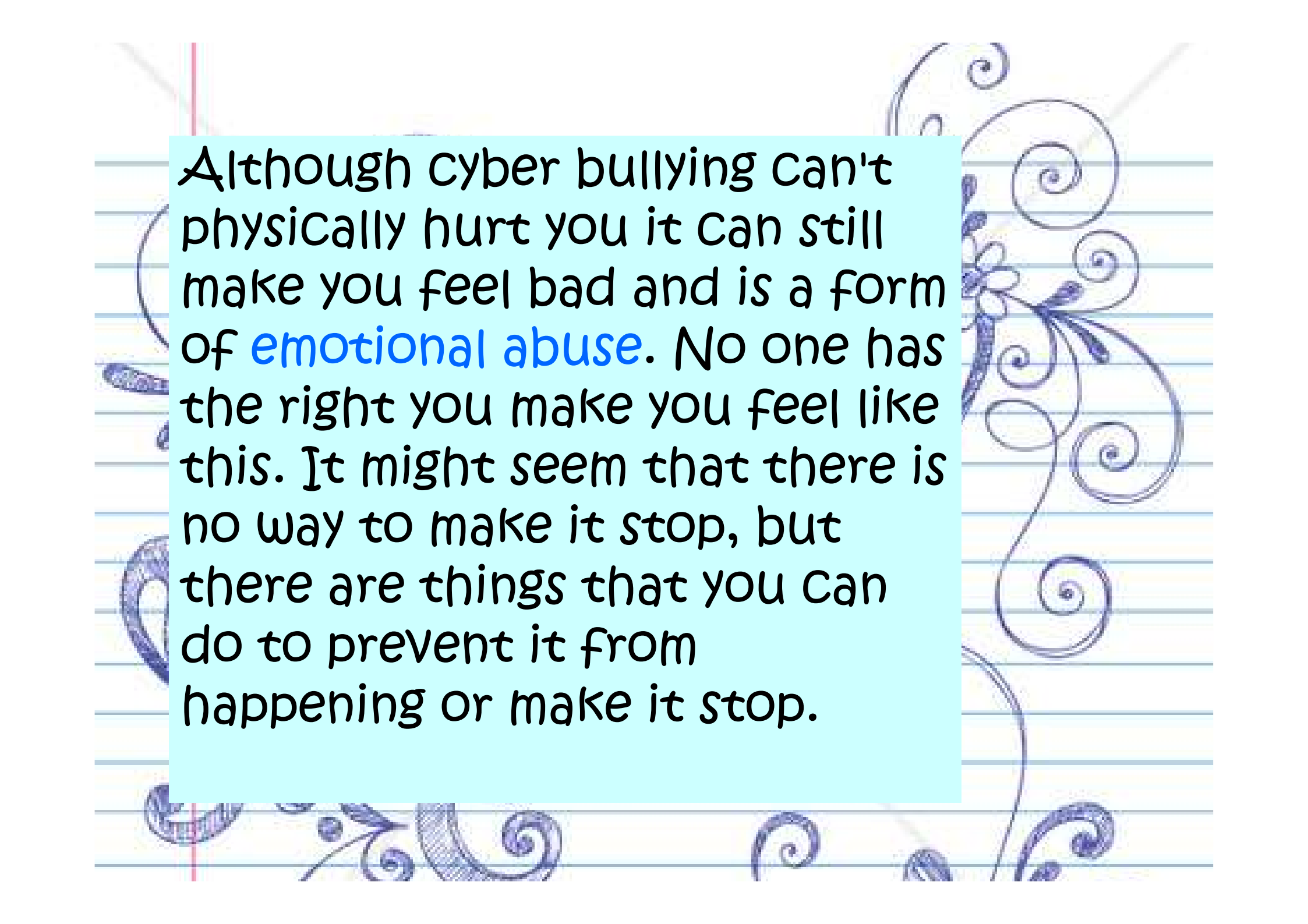
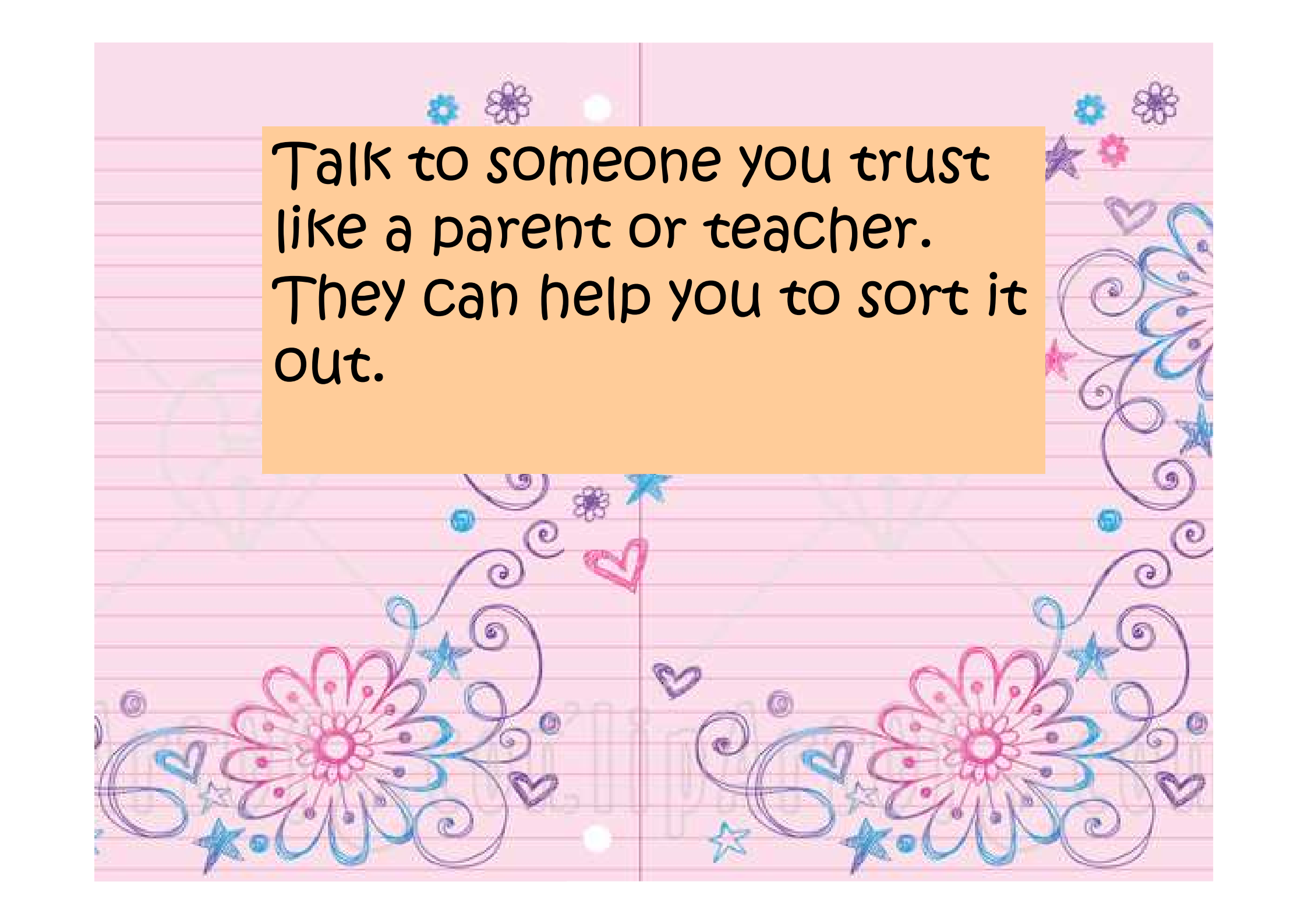How can I get away from them?

What Can You Do?

Find out about it...

What is Cyber- Bullying?

- Email
- Instant messaging and chat rooms
- Social networking sites
- Mobile phone

Although cyber bullying can't physically hurt you it can still make you feel bad and is a form of emotional abuse. No one has the right you make you feel like this. It might seem that there is no way to make it stop, but there are things that you can do to prevent it from happening or make it stop.
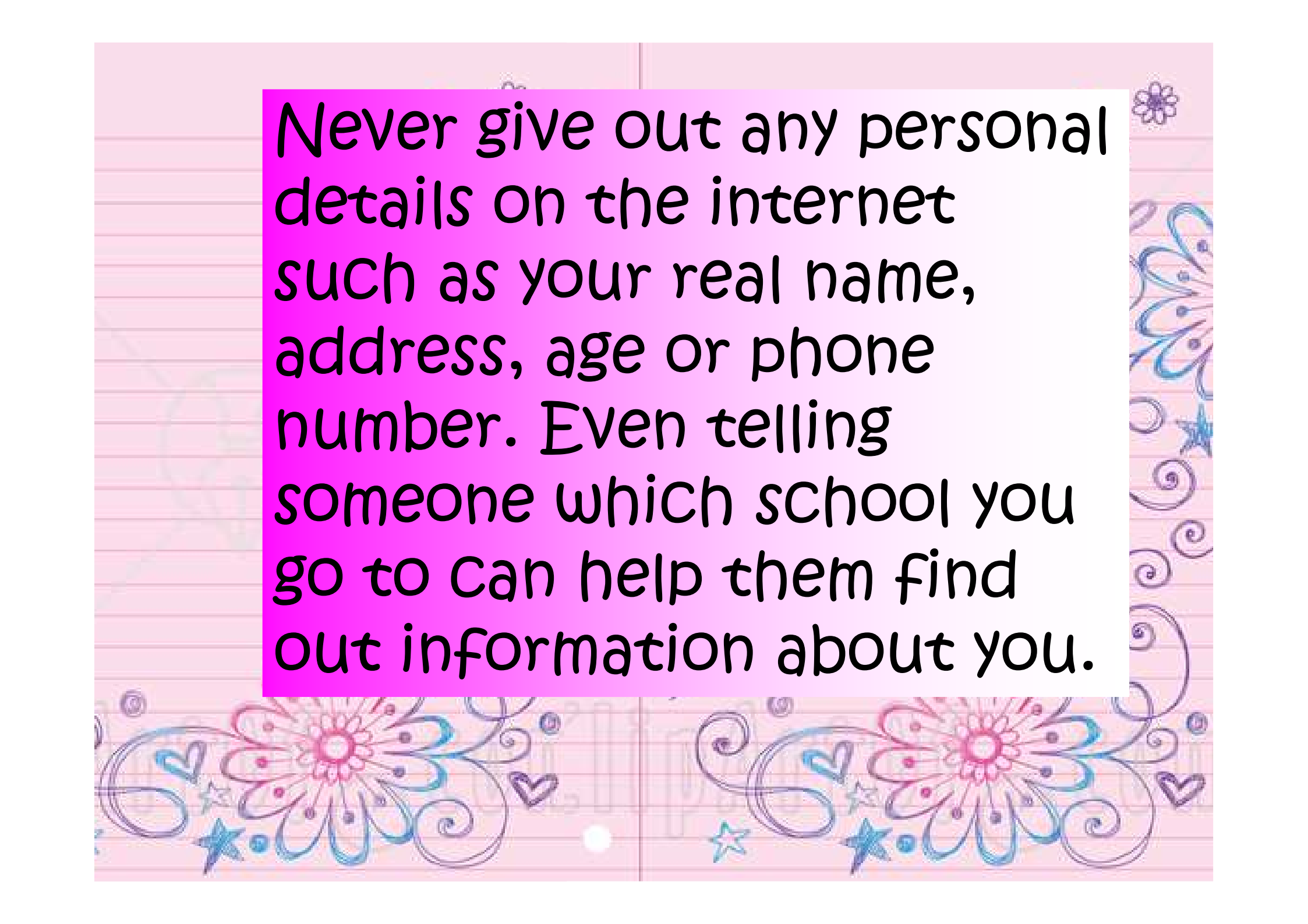
Talk to someone you trust like a parent or teacher. They can help you to sort it out.

Don't reply to any messages you receive, as this may encourage the bullies.

Keep a copy of the abusive emails, texts or messages that you receive and when they were sent to you.

Never give out any personal details on the internet such as your real name, address, age or phone number. Even telling someone which school you go to can help them find out information about you.
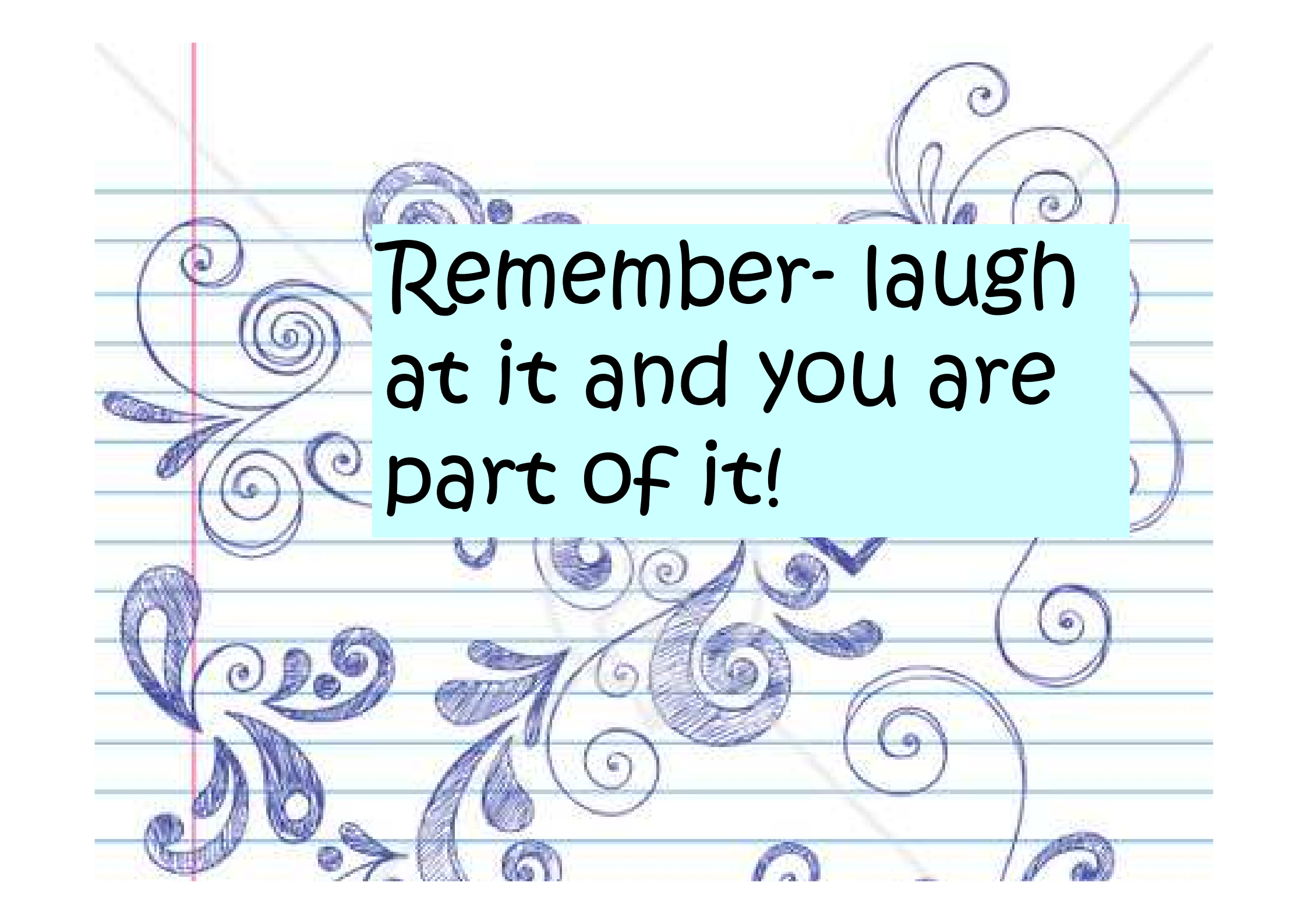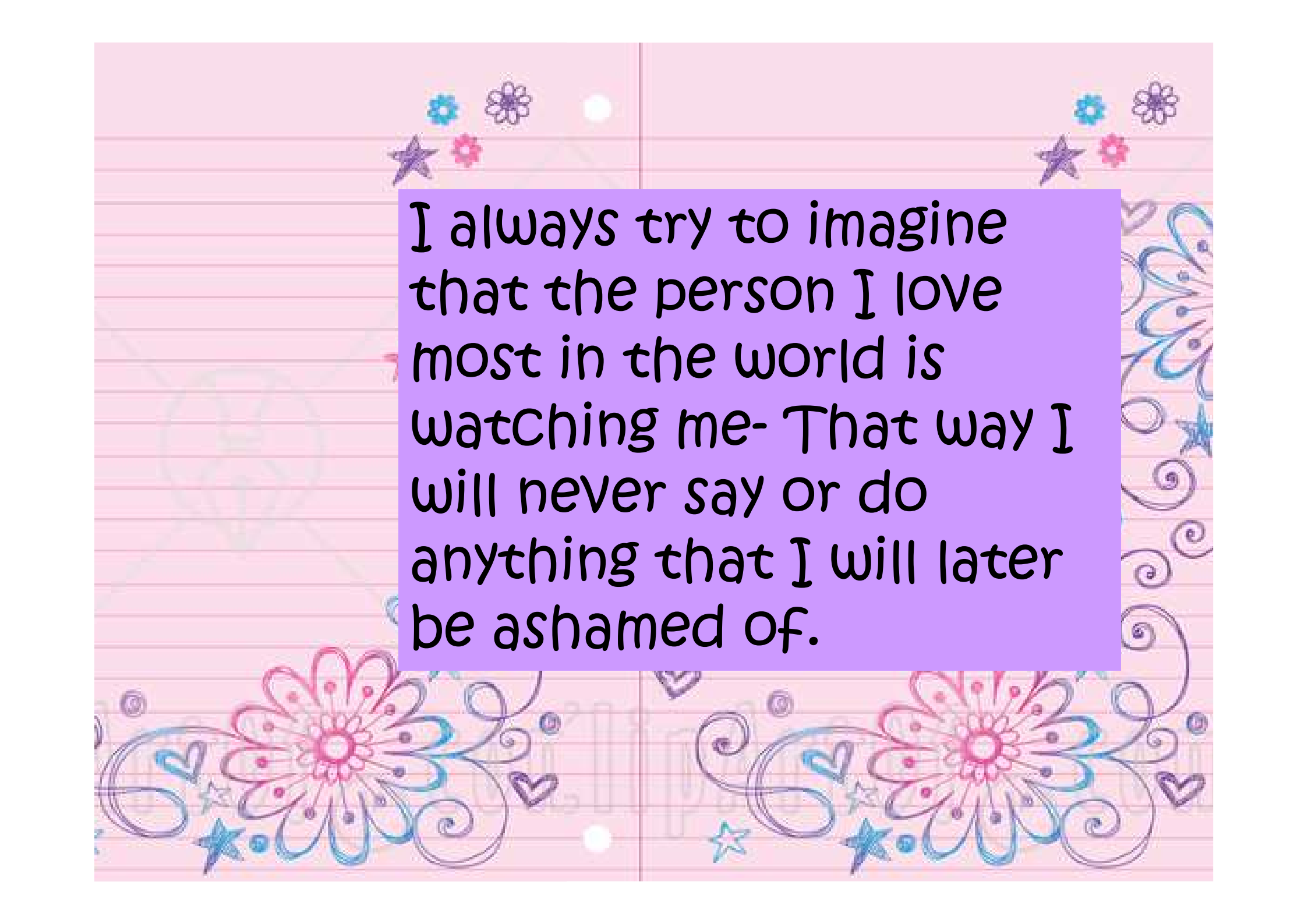
Change your online **nicknames** or user ID to *something different*

Block email addresses and/or complain to host website.

Remember- laugh at it and you are part of it!

I always try to imagine that the person I love most in the world is watching me- That way I will never say or do anything that I will later be ashamed of.