



# 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.



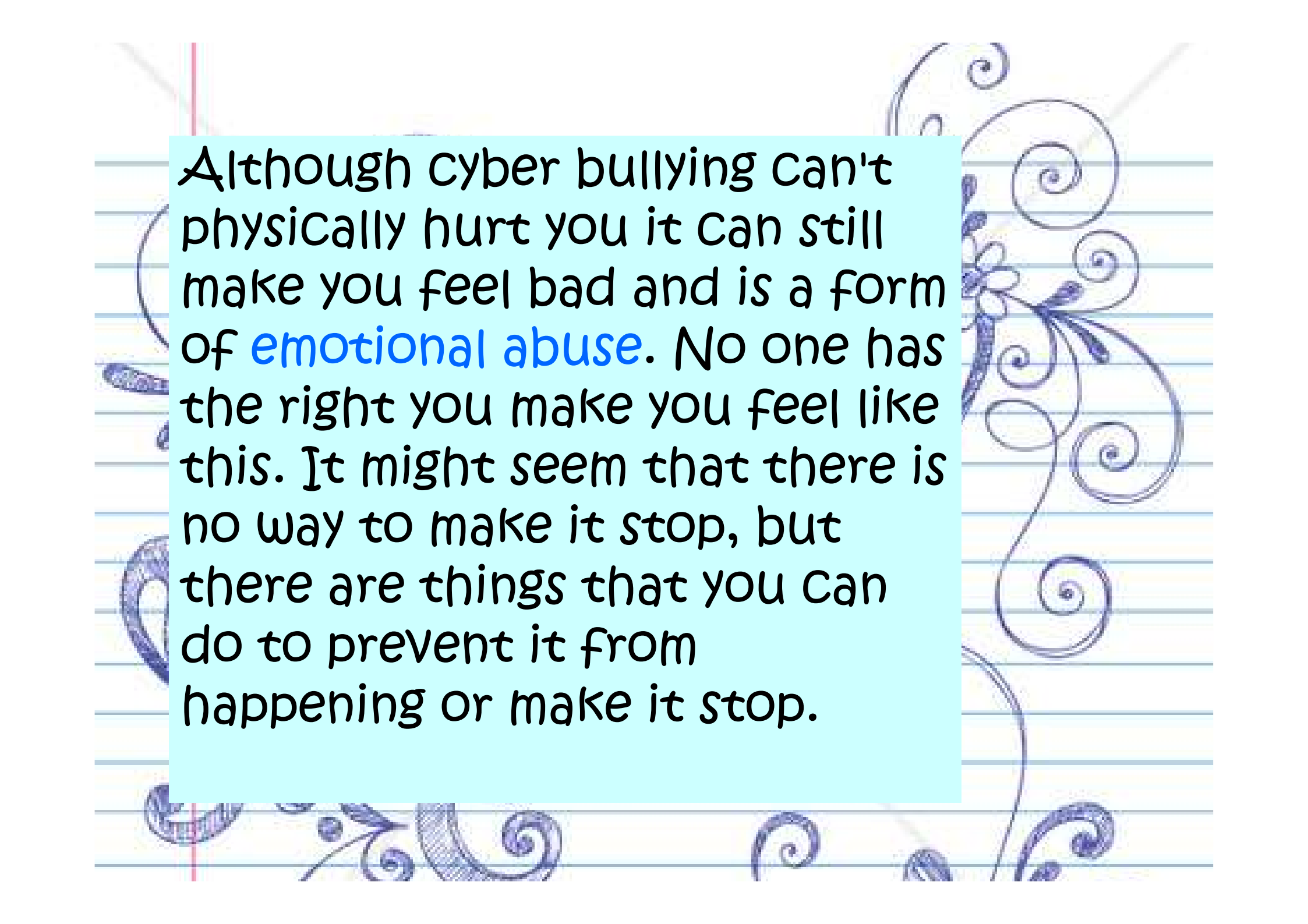
How can I get away  
from them?

What Can  
You Do?

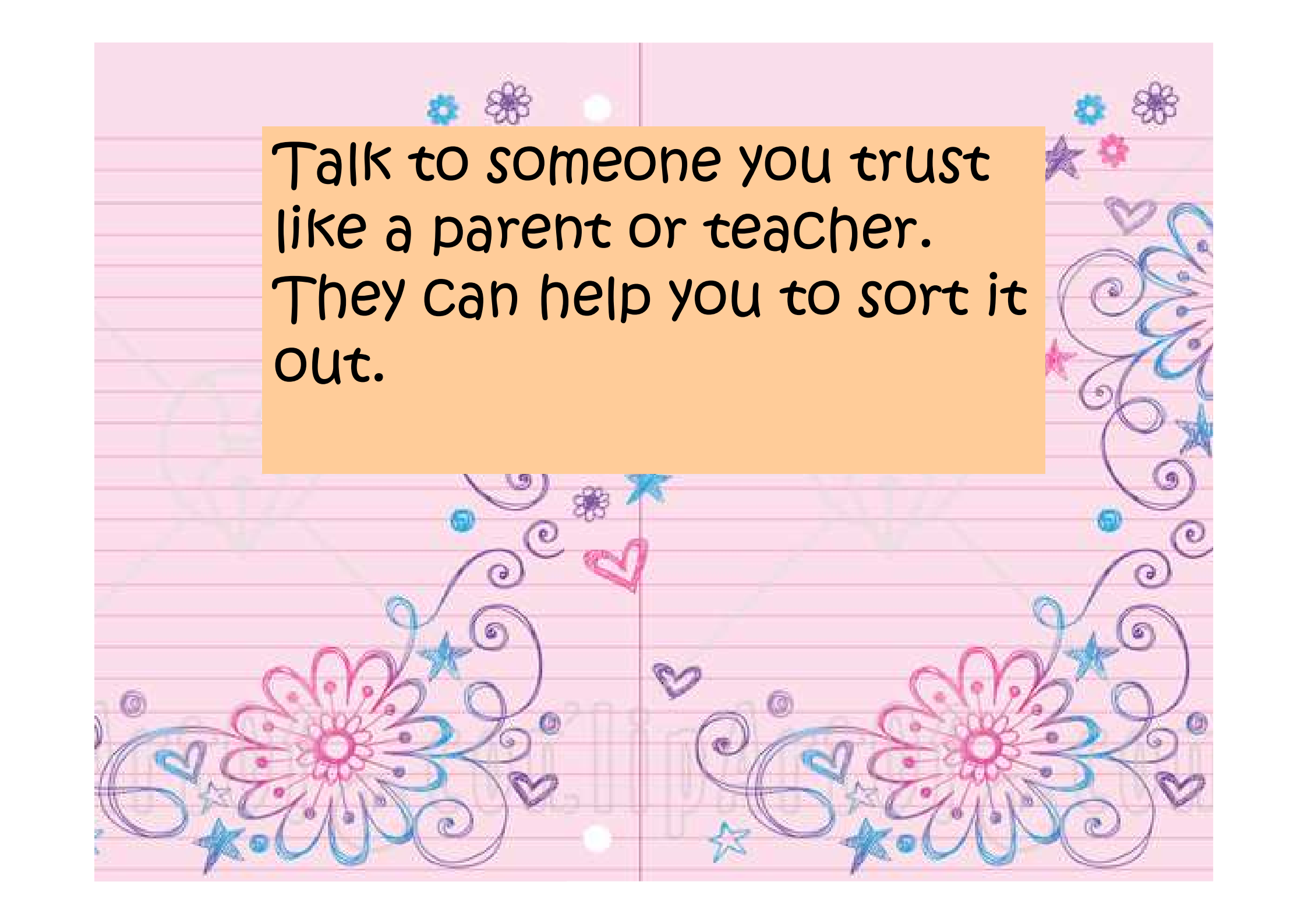
Find out  
about it...

# 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.



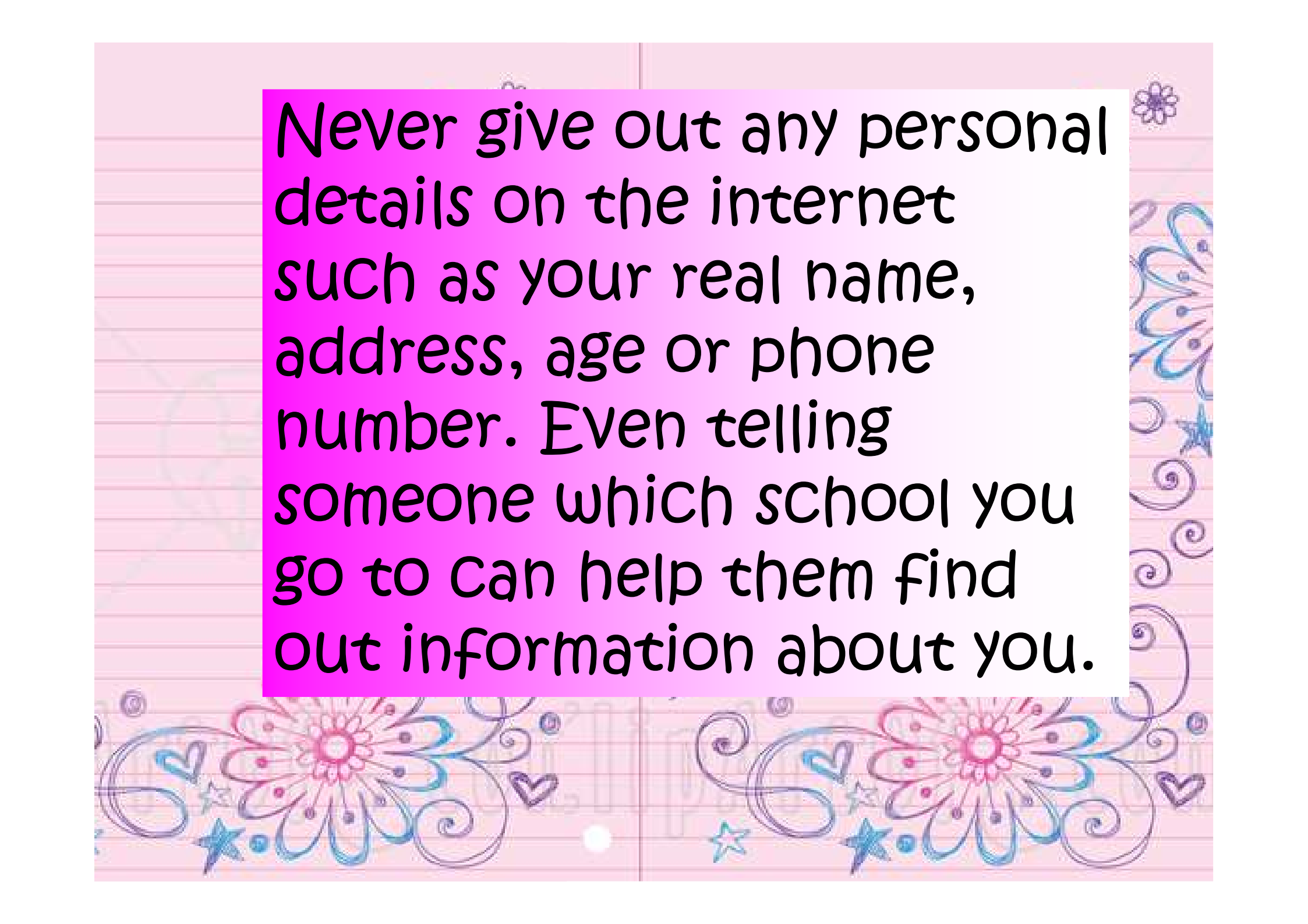
Talk to someone you trust  
like a parent or teacher.  
They can help you to sort it  
out.

The background is a pink sheet of lined paper with decorative floral and swirl patterns in blue, purple, and pink. A yellow rectangular box is centered on the page, containing the text. The text is written in a black, casual, handwritten-style font.

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.

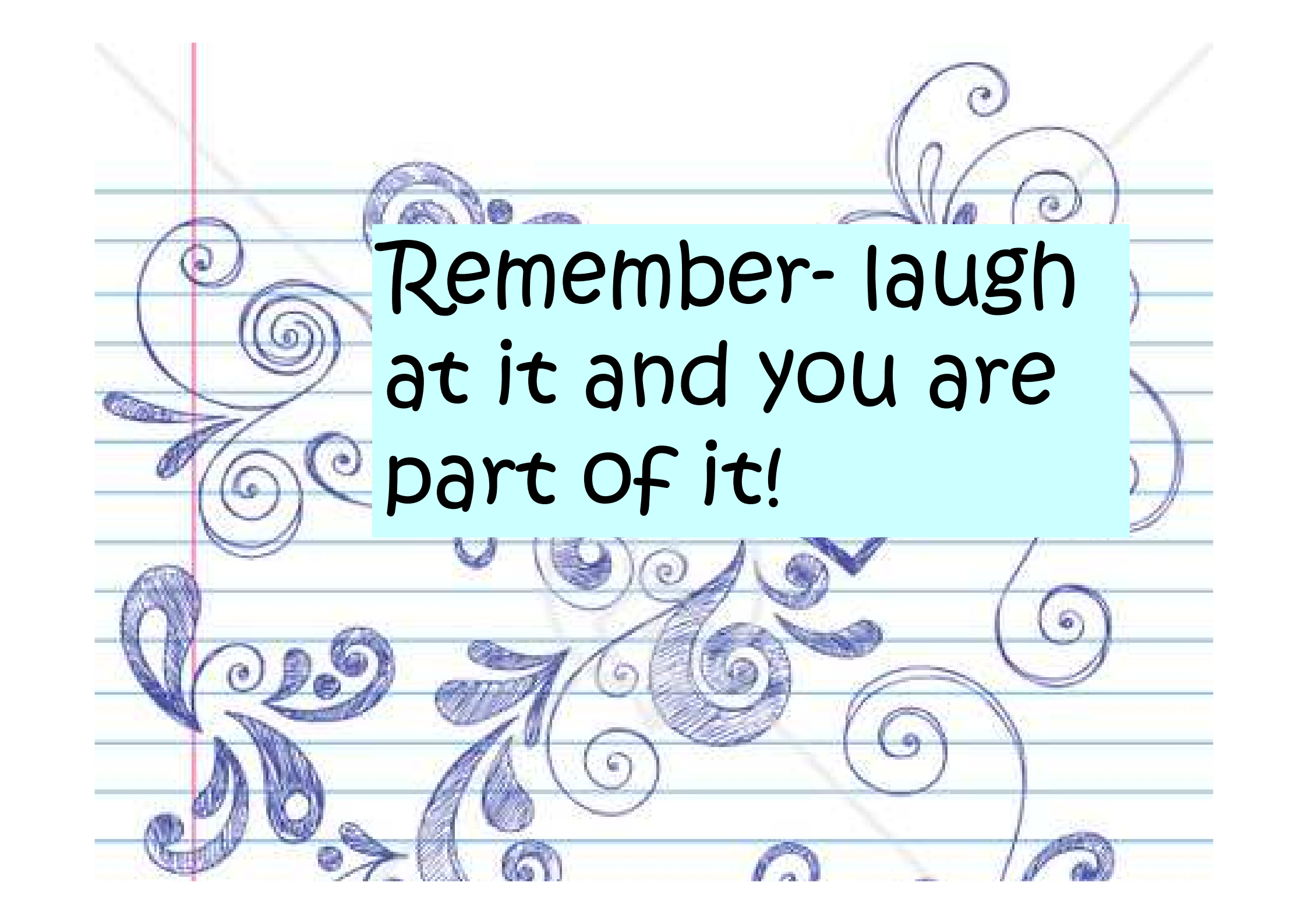


The background of the slide features a light blue and white striped pattern, reminiscent of lined paper. Overlaid on this are various blue ink-style decorative swirls and flourishes. A prominent green rectangular box is positioned in the upper left quadrant, containing the main text. The text is written in a black, casual, handwritten-style font. The word 'nicknames' is notably larger and bolder than the other words in the sentence.

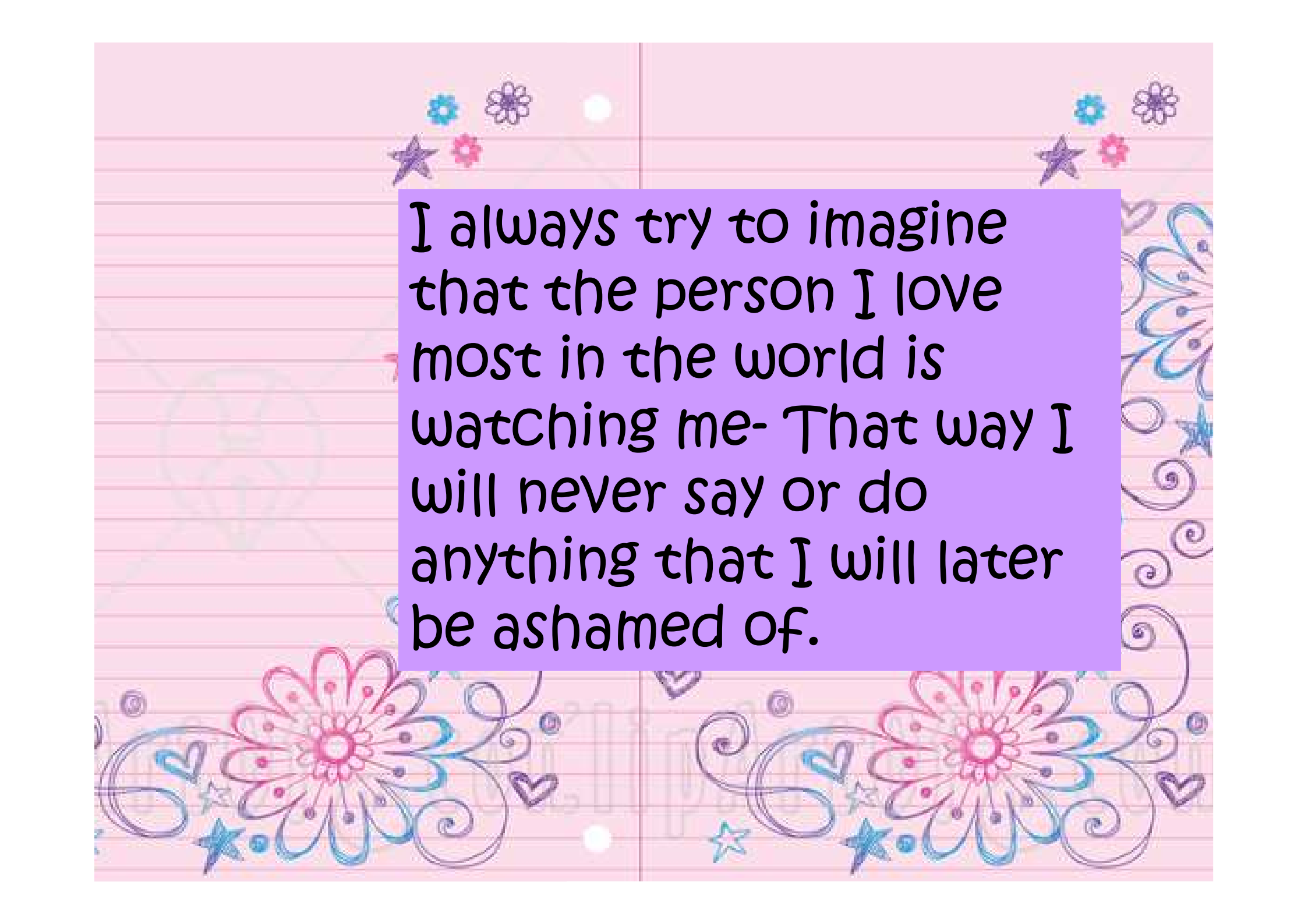
Change your online  
**nicknames** or user ID to  
something different

The background is a pink sheet of lined paper with a decorative border. The border features large, colorful floral designs in shades of pink, blue, and purple, interspersed with smaller icons like stars, hearts, and swirls. A central pink rectangular box contains the text.

Block email addresses and/  
or complain to host website.

The background features a light blue grid pattern with a vertical red margin line on the left. Overlaid on this are various blue ink-style swirls and flourishes of different sizes and orientations. A semi-transparent light blue rectangular box is centered in the upper half of the image, containing the text.

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.