

# A guide for children and young people about cyber bullying



## What is cyber bullying?

Cyber bullying is when a person or group of people uses things like the internet and mobile phones to threaten, tease or upset someone else.

Cyber bullying is different from other types of bullying because it can happen when someone is at home rather than at school or college or in the street.

You might also not know who is bullying you because a cyber bully can hide their identity.

### How do I know if cyber bullying is happening to me?

There are lots of ways that cyber bullying can happen:

- Someone can receive nasty or abusive emails to you
- Someone could use online chat rooms to threaten you or say nasty things about you
- Someone could use social networking sites like Facebook and Twitter to write nasty and upsetting comments about you
- Someone could send abusive text messages or video message to you on your mobile phone.

## Contact information

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t: 020 7696 5502

Mencap Direct  
0808 808 1111

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What should I do if cyber bullying is happening to me?

Cyber bullying can make you feel scared, upset, and embarrassed. If you experience cyber bullying there are some things you can do:



- You don't have to deal with cyber bullying on your own. You should talk about it to someone you trust like your parents or a carer as they can help you deal with it.



- You can talk to someone privately. Childline has a helpline where you can talk to people about cyber bullying. Their telephone number is 0800 1111.



- You can report cyber bullying to people who can help to stop it. This could be people like teachers or the police.



If you are being cyber bullied, you should try not to reply to any messages you receive. It can make things worse by encouraging the bullies or upsetting you more.

Top tips if you are being bullied



- Tell someone if you are being bullied. They can help you.
- Remember to keep a copy of any texts, emails or messages that you are being used to bully you. You can use these to prove that you are being bullied.

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- Don't answer any calls from numbers that you don't know.
- You can also change your mobile number. Only give your new number out to close friends.
- Never give out any personal details on the internet. This could be things like your address, age or phone number.
- You can block certain people from being able to contact you on the internet or on your phone if you are being bullied on the internet or on your phone.
- If the problem is serious, tell the police

Where can I get more information about cyber bullying?

- You can go to the Anti Bullying Alliance website: [www.anti-bullyingalliance.org.uk/](http://www.anti-bullyingalliance.org.uk/)
- You can go to the Kidscape website: [www.kidscape.org.uk](http://www.kidscape.org.uk)
- You can go to the Think U Know website: [www.thinkuknow.co.uk/](http://www.thinkuknow.co.uk/)
- You can visit Mencap's website: [www.mencap.org.uk/keepsafe](http://www.mencap.org.uk/keepsafe)
- You can call childline on 0800 1111.

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