

## Helpful numbers & websites



[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

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

<http://www.childline.org.uk>



Ring Derbyshire Police on **101**

## Tell someone you trust



Cyber bullying is done on purpose and it can make you feel frightened and upset. Remember it is not your fault that you are being bullied.

**Remember** - Do not join in or forward unkind messages, you could be in trouble with the Police if you do.

## Keeping Safe Online:



on your computer and  
mobile phone



## Cyberbullying

Cyberbullying is any form of bullying which takes place online or through your mobile phone.

You can be cyberbullied by:

- Emails
- Social networking sites
- Phone calls or text messages
- Instant messenger & chat rooms
- Interactive gaming
- Being sent viruses



## Things you should know



### Emails and text messages

You may get unkind and nasty messages sent to your email address or phone.

Bullies often try to keep who they are a secret by not using their own name. It could also be someone you know.



### Instant Messenger (IM) and chat rooms

If you are being bullied by someone in a chat room or when using IM, stop using them.

### Social network sites

People can send you or post nasty and embarrassing comments or photos. When a message or photo is posted on a site, everyone who is a friend or member can see it.

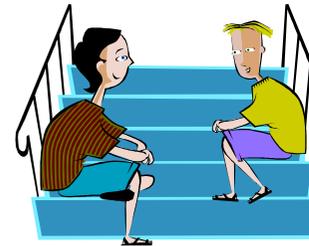


## What can you do if you are being cyberbullied?



Do not reply to the emails or text messages

Save any unkind messages or videos you get. By doing this you will be able to show them to someone you trust.



Talk to someone you trust and ask for help.



Change your mobile number or email address. Once you have new ones only give them to your family and close friends.



Block the bully. Use the privacy settings to stop that person getting in touch with you. This is called blocking. You may need to ask for help to do this.