

Cyberbullying Student Guidance

MAKE SURE YOU TELL!

- You have a right not to be harassed and bullied online. To get help, tell:
- An adult you trust who can help you to report the incident to the right place, or call a helpline like Childline on 0800 1111 in confidence
- Your school: a teacher or year Manager can support you and deal with the person/persons bullying you
- The police, if the cyberbullying is serious and a potential criminal offence has been committed.

SAVE THE EVIDENCE!

- Keep and save any bullying emails, text messages or images.
- If you can, make a note of the time and date of bullying messages or images sent, and note any details about the sender.
- Contact the service provider (mobile phone company or internet provider) to tell them about the bullying. They may be able to track down the bully.
- You can tell the other person that you are saving the conversations, which may put a bully off. (see the “BBC Locked” section of www.websafecrackerz.com)

BLOCK THE BULLY!

- Use blocking software. You can block instant messages from certain people or use mail filters to block emails from specific email addresses. As a last resort, changing contact details, such as instant messaging identity or a mobile phone number, can stop unwanted contact.
- Don't reply to threatening or bullying text messages or emails. This could make matters worse. It also lets the person or people bullying know that they have found a “live” phone number or email address. They may get bored quickly if you ignore them.

KEEP YOUR DETAILS TO YOURSELF

- Don't give out your personal details online. If you are in chatroom, watch what you say about where you live, the school you attend and your email address. All these things can help someone who wants to harm you build up a picture about you.

ALWAYS RESPECT OTHERS!

- Don't forward abusive texts or emails or images to anyone. You could be breaking the law just by forwarding them. If they are about you, keep them as evidence. If they are about someone else, delete them and don't reply to the sender.

TREAT YOUR PASSWORD LIKE YOUR TOOTHBRUSH!

- Don't ever give out passwords to your mobile phone or email account. It is a good idea to change them on a regular basis. Choosing hard to guess passwords with symbols or numbers will help to stop people hacking into your account and pretending to be you. Only give your mobile phone number and personal website address to trusted friends.