Are you being cyberbullied?

Nasty text messages

Tagged in something you don't like

In-game abuse

Hurtful comments on your posts

Rumours

'roasting someone' in group chat conversations

Threats or blackmail

- **Don't respond or retaliate**, take a screenshot and show a trusted adult
- **Report and block** the person or account
- **Use in-app reporting tools** to report cyberbullying or anything that makes you feel uncomfortable
- **Talk to a trusted adult** or trusted friend about what has happened - remember your teachers are only an email away
- **Seek support** from services such as;
  Childline 0800 1111;
  Bullying UK www.bullying.co.uk
- **Strengthen your privacy settings** and make use of in app settings; see content you've been tagged in before it is posted on your feed, delete negative comments; and only allow people you know to contact you
- **Take a break** from social media and remember they want you to respond, don't give them the attention
- **Focus on true friends** and people who know who you really are

POLICE & CRIME COMMISSIONER

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