Is this how you feel?
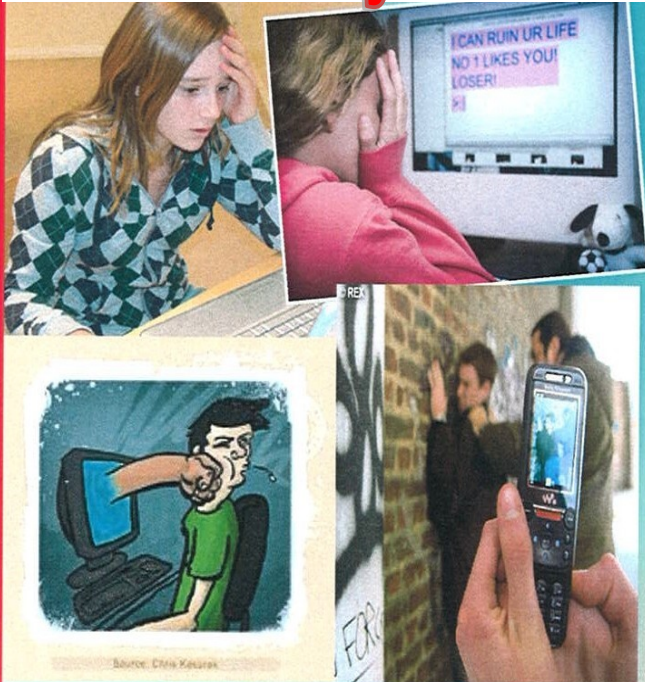

BULLYING CAN MAKE YOU HAVE 'YUCKY' FEELINGS, BUT YOU ARE NEVER ALONE.

CYBERBULLYING IS BULLYING THAT TAKES PLACE USING ELECTRONIC TECHNOLOGY. ELECTRONIC TECHNOLOGY INCLUDES DEVICES AND EQUIPMENT SUCH AS CELL PHONES, COMPUTERS AND TABLETS AS WELL AS COMMUNICATION TOOLS INCLUDING SOCIAL MEDIA SITES, TEXT MESSAGES, CHAT AND WEBSITES.

EXAMPLES OF CYBERBULLYING INCLUDE MEAN TEXT MESSAGES OR EMAILS, SENT BY EMAIL OR POSTED ON SOCIAL NETWORKING SITES, AND EMBARRASSING PICTURES, VIDEOS, WEBSITES OR FAKE PROFILES.

Cyber-Bullying!

I hate you

Say NO!

facebook   bebo

myspace.

twitter

TELL SOMEONE

- Your family......
- Your Friends....
- Your Teacher...
- Your Parents....

ANYONE JUST TELL SOMEONE

RUMORS
teasing   gossiping
insults   threats
CYBER BULLYING
LIES   name-calling
harassment
mean words

I CAN RUIN UR LIFE
NO 1 LIKES YOU!
LOSER!
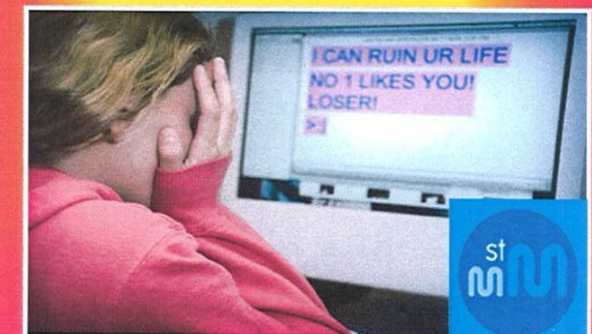
Be Safe

Keep your personal information safe and secret. Think carefully before you share a photo of yourself or your friends.

Full Name	James Paul Smith
Address	27 Round Street, London, SN2 6EF
Phone Number	020 361 214
Mobile Number	0782 213 345
Email Address	jimmys@myemail.uk
School Name	Friendly School, London
Password	jimmysdae

Don't Meet Up

Never arrange to meet an online friend because it can be dangerous. No matter how well you think you know people, they might be pretending.

Accepting Emails can be Dangerous

If you receive junk mail (called Spam) or messages which make you feel uncomfortable, tell an adult that you trust and delete them. Don't reply to them!

Reliable?

The Internet is full of friendly people and amazing information. However, sometimes people might say or write things which are untrue, so you should always think carefully before trusting what you see or hear.

Tell Someone!

Most of the time that you are online, you will have lots of fun. However, if you see something that makes you feel uncomfortable or worried, make sure that you tell an adult who you trust.

Teaching Ideas
www.teachingideas.co.uk

STOP CYBER BULLYING
START CYBER-LOVING

Love one another. As I have loved you,
so you must love one another.
John 13:34

ChildLine
0800 1111

THINK U KNOW
.CO.UK

www.kidsmart.org.uk

KidSMART

Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

kidscape
preventing bullying,
protecting children

Protect yourself from CYBERBULLYING!

- Hide your personal details:

  real name
  password and pin
  social activities
  home address
  family details
  email address
  username
  personal photographs
  mobile/home phone number

- React appropriately to hurtful or nasty messages.

- Block the sender of hurtful or nasty messages.

- Set networking sites and profiles to 'Private'.

- Save nasty links, texts, messages and emails.

- Never open messages from someone you don't know.

- Always ask permission before revealing someone else's details.

- Only give details to trusted friends you know in real life.

- Change your password often.

- Follow netiquette:
  – communicate clearly   – use emoticons   – be polite