

SEE ABILITY

What to do if you are being bullied on the internet

What is cyberbullying?



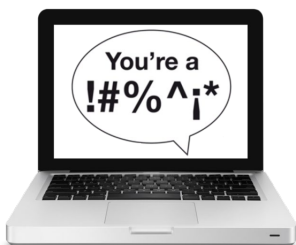
Easy read fact sheet



If someone is being mean to you, they might be bullying you.



Being bullied on the internet or social media is called 'cyberbullying'.



If someone is doing any of these things to you, you might be being cyberbullied:

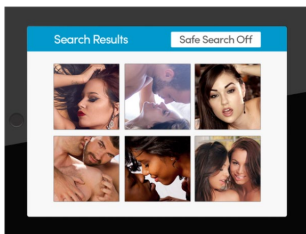
- Saying hurtful things about you



- Sending you threats



- Telling people lies about you



- Posting pictures of you without you saying it is okay



- Posting your private information, like your address or phone number



- Sending you messages or emails over and over again



- Sending you messages you after you have told them to stop



- Trying to make you do something against the law



- Trying to steal money from you



If someone asks you to do something you do not want to, it is okay to say no.



If you feel uncomfortable, you should speak to someone you trust.



It is not your fault if you are being cyberbullied.



You have not done anything wrong.



Lots of people are cyberbullied, so you are not alone.



Cyberbullies are not nice people and need to be stopped.

What to do if you are being cyberbullied



If you think you are being cyberbullied, it is important you tell someone you trust.



This might be a friend, family member or a support worker.



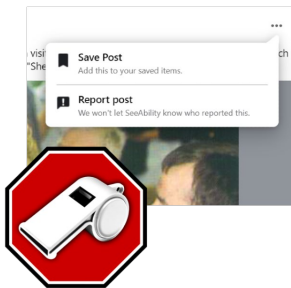
Do not reply to any mean messages.



Do not delete anything you think is cyberbullying in case people need to look at it.



You can report posts on social media.



You can do this by pressing the 'more' button on a post and pressing 'report post'.



This might get the post taken down so other people can't see it.



You can call the National Bullying Helpline on 0300 323 0169.



If someone is threatening you, they might be breaking the law.



If you think they are breaking the law, you can call the police on 101.



If you see someone else being cyberbullied, you should tell someone you trust.



Make sure you do not cyberbully other people.



It can hurt people and might get you in trouble.



www.seeability.org



facebook.com/RSB.seeability



[@seeability](https://twitter.com/seeability)



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