LANGUAGE UK

MEMBER
ENGLISH
UK

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Online Safety

Cyberbullying is when someone uses technology, like the internet or a mobile phone, to deliberately hurt, humiliate, harass, intimidate or threaten someone else. It is different from bullying at school or in the community because it can happen at any time of the day or night and it may feel like you can't get away from it. This may leave you feeling scared and unsafe at home.

We've created top tips on how to deal with cyberbullying, how to stay safe online and how to stay safe using mobile phones.

Staying Safe Online

1)   Don't post any personal information online – like your address, email address or mobile number.
2)   Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
3)   Keep your privacy settings as high as possible
4)   Never give out your passwords
5)   Don't befriend people you don't know
6)   Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
7)   Remember that not everyone online is who they say they are
8)   Think carefully about what you say before you post something online
9)   Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

Tips for mobile phone safety

1)   Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to   someone about it. Talk to a trusted adult at home or at school.
2)   Don't reply to any nasty messages you receive.
3)   Don't reply to a text from someone you don't know.
4)   Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.
5)   Don't answer calls from withheld numbers or numbers you don't recognise, let it go to voicemail.
6)   Block numbers from people who are sending you nasty messages.
7)   If you are bullied repeatedly can change your number.
8)   Don't give your mobile number to someone you don't know.
9)   Don't send pictures to someone you don't know.

Tips if you're being bullied online

1)   Tell an adult you trust if you are being cyberbullied
2)   Don't respond or retaliate to bullying messages – it could make things worse
3)   Block users who send you nasty messages
4)   Save abusive emails or messages (or texts) you receive
5)   Make a note of dates and times you receive bullying messages, as well as details you have of the user's ID and the url.
6)   Don't pass on any cyberbullying videos or messages – this is cyberbullying
7)   If you are bullied repeatedly change your user ID, or profile, and use a name that doesn't give any information away about you.