

# see it, get help, **stop** it



## keep evidence

Save messages and MSN conversations.



## respect others

Be careful what you say and what you send. Messages and images could stay online forever.



## don't reply

Never retaliate or reply if you have been sent a nasty message. Block the bully and report it to an adult you can trust.



## passwords

Protect your online accounts and your mobile phone with a password- don't share it with anyone.



## report it

Most websites and mobile phone operators have a place where you can report abuse.



## tell someone

Tell a tutor / lecturer you can trust, call childline on 0800 1111 or go to [www.cybermentors.org.uk](http://www.cybermentors.org.uk)



[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

