










I am being bullied online, what can I do to make it stop?

-  Screenshot all bullying messages and save them in a file which you don't have to look at unless you need to.
-  Do not believe what you read – bullies are out to make you feel bad and they will go to extreme lengths to achieve their aim. Instead of believing them tell yourself something that you like about yourself – you are your own best expert, but we can all start to believe negative messages if we hear them often enough and we don't take action to counterbalance them.
-  Bullies are out to get a reaction. Do not respond to anything they say as it will encourage them to write more. Whatever you do, do not try to retaliate as this will escalate their behaviour and might well land you in trouble. Hopefully your total non-engagement will soon bore them into stopping but if not then it is time to block them.
-  All social media sites allow you to block bullies, but it is also important to report them so that any harmful content can be removed. If you have a problem getting this sorted it is worth contacting [Ditch The Label](#) who have good links with all the big social media companies and can help you.



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-  Please talk to an adult. There is a lot of help out there from parents, teachers and other trusted adults to the police and specialist units like CEOPS (Child Exploitation and Online Protection Service). No-one is going to judge or criticise you, they just want to keep you safe and make sure the bullying stops.
-  Stay private. Whilst there is a lot of help out there, you can do a lot to help yourself:
-  Don't post pictures which might make you vulnerable
-  Keep your social media privacy settings on high to limit who can see and contact you
-  Don't connect with people you don't know offline as they may well not be who they pretend to be

