

Protect yourself from ONLINE BULLYING

● What is Online or Cyber Bullying?

Deliberately hurting someone's feelings using information and communication technology, such as:

Mobile Phones

Instant Messaging

Online Polling

Blogs

Social Networking Sites

Online Gaming Sites

Chat Rooms

● How can you protect yourself from Online Bullying?

✓ Hide your personal details, such as:

Real Name

Password and Pin

Social Activities

Family Details

Email Address

Home Address

Username

Mobile/ Home Number

Personal Photographs

- ✓ Log off the site where the bullying is taking place
- ✓ Block emails and messages. Don't respond to bullies
- ✓ Set networking sites and profile settings to 'Private'
- ✓ Save 'nasty' links, texts, messages and emails to show an adult
- ✓ 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



Tell someone you trust

