

Online Bullying

Sometimes people are mean online and spoil our fun. It can make us sad, unhappy and anxious to go online. Here are some tips to help you manage it.

Don't Respond

Try not to reply, no matter what they say. It gives them an excuse to carry on.

Save a copy

Take a screenshot to show someone what is happening and keep it as evidence.

Report

Tell the app or game so they can do something about it.

Block

Block them so they can't contact you or play online with you.

Talk

Tell someone what is happening. It will make you feel better and there are people who can help you.

**internet
matters.org**

ChildLine
0800 1111 