

CYBERBULLYING

A guide for young people



Cyberbullying – advice for young people

● **Don't retaliate, often that's what they want**

Most people who cyberbully and/or troll others are looking for a response. Our advice would be not to respond. Some platforms will give you the option to block the person and their comments.

● **Save the evidence**

Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. This can be helpful when reporting the incident.

● **Tell someone what's happening**

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● **Your family**

It's important to tell your parent or carer, or someone you trust in your family know what is happening. Together you can discuss what to do next, and they can give you emotional support.

● **The school**

If the cyberbullying involves other children in your school, then it's important to let the school know what is happening, providing any evidence that you have. Talk to a teacher or member of staff that you trust.

● **The platform**

Most platforms will give you the option to report or flag cyberbullying and other harmful behaviour.

● The police

Some forms of cyberbullying could be a matter for the police. For example, if someone is threatening to harm you, or encouraging you to harm yourself.

● Report, block, delete

You always have the option to block or unfollow the person or people that are hurting you. If they are part of your school group this may feel more difficult but see whether you have the option to mute them or their comments to prevent further hurt. If it feels safe, you may also want to talk to them about the harm they have caused and ask them to delete their comments. There can be times when people don't realise that they've caused hurt or upset.

● Remember it's not your fault, the problem is the bully

Going through a cyberbullying incident can be very difficult. It's okay to feel angry and sad but you will get through it. You might find it helpful to come off the platform where it is happening for a short time. Meet up with a friend, watch a film. Anything that takes your mind off what is happening. Surround yourself with positive people and things you love and you will start to feel better.

Resources

Click on the links below to access important resources.



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