

Stay safe
in cyberspace



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

Protect
your password



Keep
evidence

New
Open
Close
Save

Keep evidence of cyberbullying by saving messages and MSN conversations.



Do this!

Only post photos after asking permission from those in them. Remember – if you wouldn't be happy for your parents to see a photo, it doesn't belong online.

Send 10 kind or complimentary messages to your mates this week by email or MSN or ask your parents if you can send text messages.



Do this!

The best way to stop cyberbullying is to:

- tell a teacher or an adult you trust
- call ChildLine on 0800 1111 or go to www.childline.org.uk
- contact your mobile phone operator or website provider.

Tell
someone

Don't
reply



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

Do this!



Look through your list of online contacts (on MSN, Facebook, Bebo, MySpace) and make sure you are only 'friends' with people you know in real life and can trust.

Check your favourite websites for a place where you can 'report abuse'.



Report
it

Don't be a part of cyberbullying. If you see it, get help and stop it.

See it
get help, stop it

Think
and respect



Always respect others – be careful what you say and what you send. Messages and images can be made public and could stay online forever.

Want more
info or help?

www.anti-bullyingalliance.org.uk
www.kidsmart.org.uk
www.digizen.org
www.cybermentors.org.uk

