

Stay safe  
in cyberspace



**Keep evidence** of cyberbullying by saving messages and MSN conversations.



**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.



**Report it** Most websites and mobile phone operators have a place where you can report abuse.



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



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



**Tell someone**

- tell a teacher or an adult you can trust
- call ChildLine on 0800 1111 or go to [www.cybermentors.org.uk](http://www.cybermentors.org.uk)

**See it**

**Get help**

**Stop it**

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

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

