

Don't let the cyber-bullies get to you



- Tell a trusted adult if someone or something makes you feel uncomfortable, worried or upset.
- Don't pass on or reply to any messages that are upsetting or rude as this may encourage the bullies.
- Block the sender; but keep a copy of emails, texts or messages and when they were sent.
- Consider changing your online nicknames, user IDs and passwords to something different

Staysafeonline



Kirklees Safeguarding Children Board
www.kirkleessafeguardingchildren.com