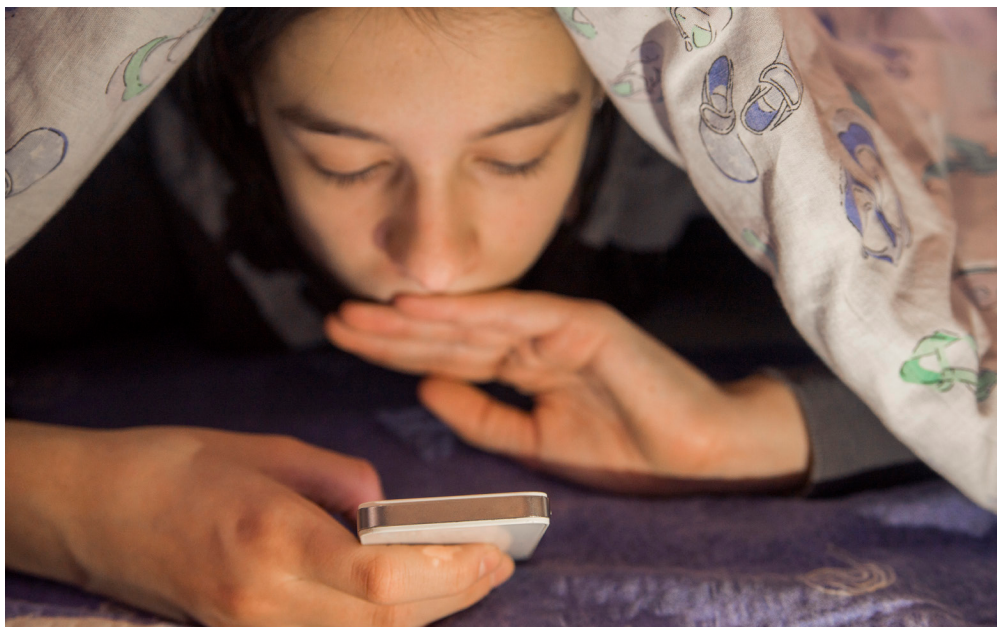




Keeping Safe Online: Cyberbullying

An easy read guide

What is cyberbullying?

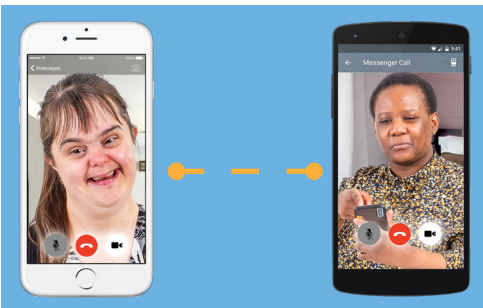


Cyberbullying is bullying that happens on the internet or on a phone.

It's sometimes called online bullying.



Websites like Facebook, Instagram, and Snapchat are a great way to stay in touch with your friends.



You can share photos, videos, send messages and do lots of other things.



Sometimes though, people use these sites to be nasty or trick you into things.

This booklet will show you some ways to stay safe online.



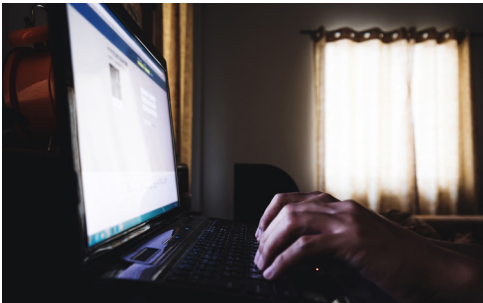
Being bullied can make you feel scared, upset and embarrassed.



It can make you feel like you can't escape from it, as it can happen anywhere and anytime.

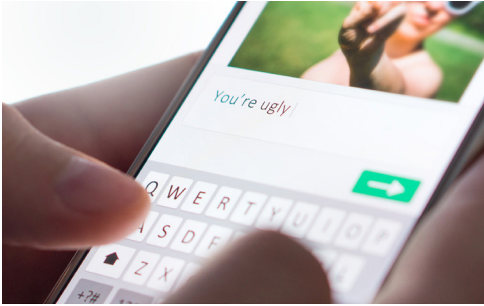


Lots of other people can join in so you might feel everyone is against you.



You might not know who the bully is as they might set up a fake account to bully you from.

How do I know if I am being cyberbullied?



Someone might send you nasty messages by text, WhatsApp or messenger.



They might post lies about you or spread rumours online.

They might get other people to join in by getting them to like or share the posts.



Someone might threaten you.

They might say they are going to do something horrible to you like hurt you.



Sometimes people try and make you do something you don't want to, like taking off your clothes and sending them a picture. They might then send that picture to other people or put it online.

What to do if you are being cyberbullied online



The first thing you should do is block the person who is bullying you.

You should also report them to the website they are bullying you on.



Ask a family member or friend to help you if you are not sure how to do it.

You can also look in the help section of the website.



If you remember then take a screenshot of the bullying for proof.

You will be able to show it if you need to tell the police.



If the person bullying you says they are going to hurt or kill you then you should tell the police.

What to do if you are being bullied over your mobile



Don't answer any calls from a number you don't know or if a number doesn't come up.



Save any nasty texts that you get, don't delete them.



Show them to a family member or a friend that you can trust.



Don't reply to any horrible messages.

This can sometimes make bullies text you even more.

If you ignore them they might leave you alone.



If the bullying is really bad think about getting a new number.

Only give it to people you know and trust.



If the person bullying you says they are going to hurt or kill you then you should tell the police.

Staying Safe Online



When you set up your social media account, make sure you set it to private.



Make sure only people you know can see what you post.

All sites are different so you will have to look in the help section if you are not sure how to do it.



Never put your phone number or your address on your profile.



Never tell anyone you don't know in real life personal information about you or your family like where you work or places you go to.



Never tell anyone your password.



Don't add people as friends that you don't know in real life, even if they say they know you.



Don't post pictures online that you are not comfortable with.

Never be pressured into doing this by someone else.



Never arrange to meet anyone on your own that you have only met online.

For more accessible information on a broad range of subjects please contact



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