



Cyber-Bullying

3-Steps to Getting Help!

Keep All Messages

If you are unlucky enough to receive any kind of hate within your digital life, it's vital to keep every unwanted message. That could be a text or voice message on your phone, a direct message, comment on your social media profile or even something through an online game chatroom. It's extremely important to keep everything, so you can guarantee you are able to get the best advice. Without the visual evidence and context of message, it will be hard to get the correct and well needed help.



Show Someone

Our 'Golden Rule' with all forms of bullying is 'Speak Out & Tell Someone!'. To make sure you get the correct help, a trusted adult needs to know. This could be a parent or carer, a school teacher or even someone you see outside of your home/school life (football/gymnastic/guitar instructor). Help will be nearby, but without showing someone, its going to be impossible to find out why this is happening, by who, and how to put things in place to prevent it from continuing. Don't suffer in silence!!!



Never 'Ever' Respond

Bullies always want and are looking for a reaction. If they get one, this can quite often encourage them to continue. As soon as you respond to an unwanted message you are giving the bully the green light to carry on. You are confirming their message got through to the right person, it was seen by you and if they send anymore you will see them also. Without any response, there will always be doubt that their message was seen by the intended person. Even if the message signals as 'read / seen' on their used device, without a response it is unclear to them who has actually seen it. This can make them start to question their actions and in some cases encourage them to stop. Don't give them power by letting them know you have seen and are affected by their messages.



STAY SAFE!
WORKSHOPS



Anti-Bullying



Stranger Awareness



E-Safety



School Mentors