



# E-Safety Newsletter

Childnet  
Digital Leaders  
Programme

Produced by  
our Digital  
Leaders

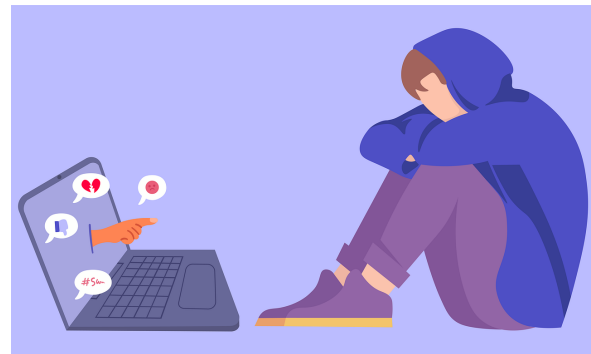
## What is Cyberbullying?

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Cyberbullying is something which affects lots of young people online. It is when someone is being bullied in an online environment. This can be a game, over social media or messaging apps. Cyberbullying usually happens more than once and is when someone is:

- Being mean,
- Saying rude or threatening things
- Posting unkind videos, images or comments about someone

## What to do if you are being bullied online



If you think you are the victim of cyberbullying it can be really scary. You should follow these steps to stay safe and get help.

1. **Save the evidence**—Take a screen shot of any harmful words or images so that it can be shown to your trusted adult.
2. **Report the cyberbully**—Make sure to tell an adult you trust and use the 'report' button if there is one on your social media app or game.
3. **Block the cyberbully**—Most games and social media apps will allow you to block anyone who is mean or rude to you.
4. **Tell someone**—Tell your trusted adult straight away. They can help and try to make the situation better.

## Tips for using social media or online games

- \* Only use apps or games you are old enough to use
- \* Keep your profile private and don't share your password with anyone else
- \* Don't accept friend requests from people you don't know
- \* Tell an adult if you are worried
- \* Always be kind online!

