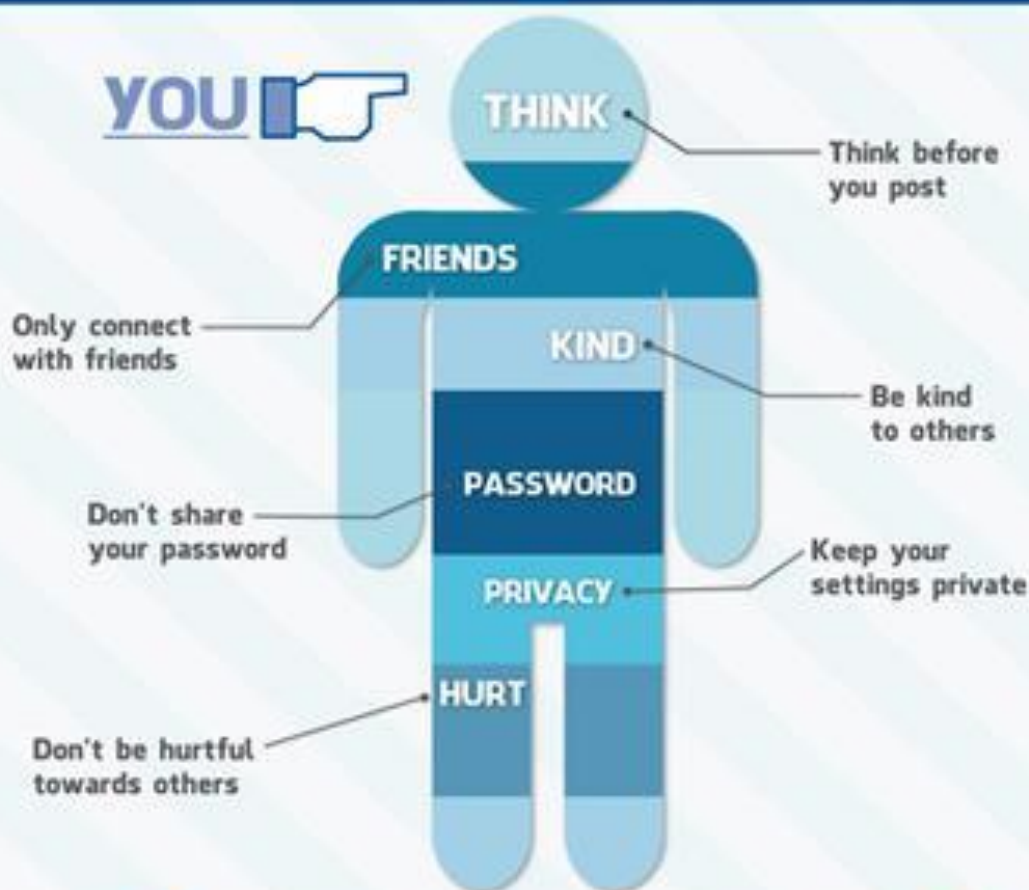


CYBERBULLYING

safebook





PARENTS & TEACHERS

- Join Facebook
- Understand how it works
- Teach safety and responsibility
- Privacy - check their settings



FRIENDS

-  **DONT:** Stay silent
-  **DO:** Help your friend
- Report the bully
- Tell your parents
- Tell your teacher



THE BULLY

-  **DONT:** Respond
-  **DO:** Save what they say
- Unfriend the person
- Block them
- Tell a Friend
- Tell your Parents
- Report the person

TELL • UNFRIEND • BLOCK • REPORT

This is our reaction to cyber-bullying. We must all play our part! Play yours - email design@fuzion.ie for a print ready file

CYBERBULLYING: WHAT IT IS AND WHY ITS NOT OK

Cyberbullying is bullying that is done through the use of technology, for example, using the Internet, a mobile phone or a camera to hurt or embarrass someone. It can be shared widely with a lot of people quickly, which is why it is so dangerous and hurtful.

HOW TO PROTECT YOURSELF

- Don't share your private information like passwords, name and address, phone numbers with people you don't know. Be cautious about sharing photos of yourself, your friends and your family.
- Don't respond to messages when you are angry or hurt – either to strangers or people you know. This will often encourage them to continue or increase their harassment of you.
- Log out and stop messaging if you feel you are being harassed.
- Remember you have the option to block, delete and report anyone who is harassing you online and on your mobile.
- Keep a record of calls, messages, posts and emails that may be hurtful or harmful to you.
- Remember to set up the privacy options on your social networking sites like Facebook in a way you are comfortable with.