Cyber Bullying is NOT ok

We all have the right to feel safe online.

Are you a cyber-bully?
Do you know someone who is a cyber-bully?

Examples of cyber-bullying include:

- posting or sending messages that threaten people or put people down
- leaving people out of online games or social forums
- spreading rumours online about a person
- setting up an unkind or unpleasant fake social networking account using real photos and contact details
- trolling or stalking someone online
- sharing or forwarding another person’s personal information
- posting insulting or embarrassing photos or videos of another person
- harassing other people in virtual environments or online games.

If you or someone you know is being bullied online, GET HELP.

Don’t be a bystander, REPORT the bully.
Cyber Bullying is NOT ok

You have the right to feel safe online.

If someone makes you feel unsafe online or posts information that is hurtful, disturbing, upsetting or untrue, you can:

- Tell a trusted adult.
- Take a screen shot and keep the evidence.
- LET SCHOOL KNOW – your teacher can send you up to the office to speak to someone about the issue and we will help.
- Delete the contact or stop using the program.
- Contact the site administrator and report the abuse. (Often there is a “Report Abuse” button.)
- If necessary, get your parents to inform the police.

You NEED to take care of your safety when you are online:

- Delete anyone you don’t know from your profile.
- Never post your address or personal details online.
- Never use your full name.
- Never put pictures of yourself online that you wouldn’t show your mum or dad, or your granny! Don’t forget that you lose control of where a photo ends up, and how it is changed once you upload it.
- Never make arrangements online, to meet someone you don’t know.
- DON’T put embarrassment ahead of safety – if you are feeling scared or worried, you need help.

INSTAGRAM and FACEBOOK are for people of age 14 and over.