

ONLINE BULLYING

Online bullying is any form of bullying that takes place over the Internet, through text messages, chat rooms, social media, etc. Online bullying can happen at any time of the day or night and can spread quickly.

Studies show that 45% of children experience bullying before the age of 18. Bullying can lead to issues like absence from school, depression and self-harm.



WHAT TO DO

Tell somebody

Talking to a family member, friend, member of school staff or an organisation like ChildLine can be a great first step to making bullying stop. Tell the website abuse is happening on and they can remove it.

Keep the evidence

You may be tempted to delete unwanted messages straight away, but this will make it hard to prove the abuse happened. Save messages or take screen shots. Share these message when you tell somebody.

Protect yourself

Don't respond to bullying messages because any reaction is likely to lead to more abuse. Avoid oversharing on the Internet because this can increase your risk of being bullied. Block senders of abusive messages.

