FOR YOUNG PEOPLE

# I am being cyberbullied

## What should I do?

1. Tell an adult you trust.
2. Block the sender
3. Try not to reply back - *it could make things worse.*
4. Keep the evidence or ask someone to help you do this and be sure to say how often this has been happening.
5. If it is someone at school, please tell a teacher or another adult at school.
6. If it is a message with sexual content that upsets you, talk to a trusted adult so it can be reported.
7. You might prefer to call a helpline like **Childline** on **0808 1111** or visit www.childline.org.uk