



Think about how to protect yourself online!

Someone is bullying you on social media.
Do you know who has sent the messages?



Can you **talk to them** and tell them how you feel?



Do you know how to **report content** to the site owner?



Ask them to **remove the content**. Explain to them why it is making you unhappy. Does this stop the bullying?



Good!
Report the content – give as much information as you can including URLs and if possible, screenshots.



Consider **blocking them** so you don't have to look at the content. **Report them** to the site owner – ask a responsible adult for help. Does this stop the bullying?



Contact your national helpline at www.saferinternet.org for more information on how to report harmful content.



Good!
Remember to always treat others in the same way you would like them to behave towards you.



Persist – don't give up!
Cyberbullying is wrong and should not be tolerated. Visit your **national Insafe helpline** who will be able to provide further advice and support to help you to stop the cyberbullying.



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Under the framework of the European Commission's Safer Internet Programme, Insafe and INHOPE work together to deliver a safer and better internet.
www.saferinternet.org

If you have any questions and concerns about your experiences online, be sure to contact your national helpline at www.saferinternet.org/helplines