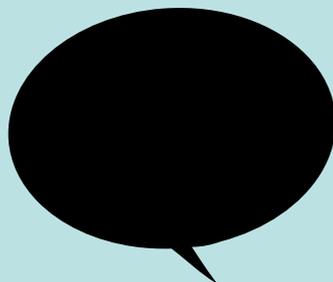# *dealing with* ONLINE BULLYING

WHAT is bullying?

Repeated actions meant to **hurt** someone, physically or emotionally.

ONLINE this could mean:

Making hurtful comments, sharing private pictures, spreading rumours, pretending to be someone you're not, making threats, harassing or trolling someone
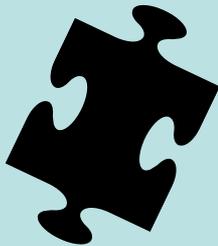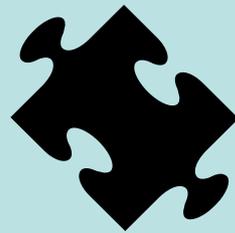
and **more.**

WHY does it happen?

There are **lots** of reasons that people bully others. Some of them are:
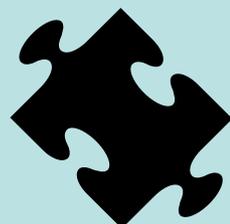
Wanting to **fit in.**

To keep from getting bullied **themselves.**

Pressure from **friends.**

They're not **happy** with how things are going.

WHO gets bullied?

Anyone can end up getting bullied and it's **not** your fault if it happens to you.

Sometimes people get bullied because they seem **different** in some way.

LGBT people are more likely to be bullied, for example. So are people with disabilities.

WHAT can you do?

It's not **easy** to deal with online bullying, but these tips should **help.**

Keep a record of what's going on and when it happens.

Take screenshots of any messages before deleting them - this way you'll have evidence.

Block and report the bully to any sites or apps they're using.

Check your privacy settings and change your passwords.

Make sure you **tell** someone you trust - like a parent, teacher, brother or sister.
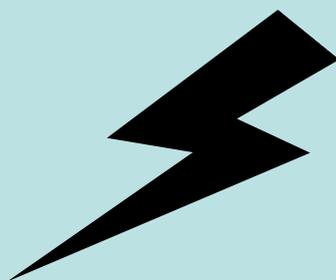
♥

what **NOT** to do

Some things aren't very helpful when it comes to dealing with bullies. Try to **avoid...**

Replying to bullies. They're hoping to get a reaction from you.

Keeping it to **yourself**. Your friends, family and teachers can only help if you let them.

Sinking to a bully's level. You could find yourself in trouble if you respond with rude messages of your own.

Getting **down** on yourself. It's hard, but try not to let bullying mess with your **confidence**.

MORE HELP

If you want to get **help** or read **more** about online bullying, try these links:

http://www.antibullyingpro.com/

http://www.bullying.co.uk/

https://www.thinkuknow.co.uk/