



What is Cyberbullying?

- Cyberbullying is when someone sends messages or pictures to upset you.

This can be by:

Email



Text



Internet



- Cyberbullying can make you feel sad or scared.
- Cyberbullying can make you feel as upset as other types of bullying like being hit or having your things taken.

What can you do if you get nasty texts or emails?

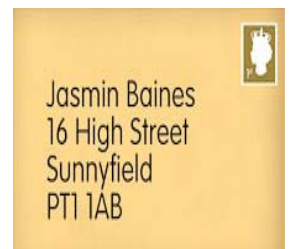
- Save the messages or pictures and show an adult like a parent or your teacher.



- Do not reply to nasty messages.



- Be careful what you say and what you send to other people on the internet.



- Do not tell people your address or phone number.

- Tell a teacher or an adult you can trust.



- You can also phone Child Line



Find more about Mencap's anti-bullying campaign
www.mencap.org.uk/dontstickit