

An infographic for young people by the Anti-Bullying Alliance and AVG for Safer Internet Day 2015. The text included in the image is:

## **Recognising cyberbullying**

Cyberbullying is bullying via electronic means. This could be via the internet, phone, laptop, computer, tablet or online gaming. It could be:

- abusive messages
- unwanted content
- impersonation

Cyberbullying is never okay. Always take action

## **Taking action**

The most important thing to do if you're being bullied online is to take a screenshot.

- Windows: PrntScrn Button
- Android: Vol Down + Power
- Mac: Command + Shift +3
- iOS: Home+Sleep

The easiest way to stop someone bothering you online is to block their account from contacting you. Remember not to retaliate

Most social networks will allow you to report offensive material. After taking a screenshot, you should report it to the service provider.

Cyberbullying is never okay. Don't keep it to yourself.

## **Getting advice and support.**

Always talk to someone you trust.

- Parent

- Teacher
- Friend

There are lots of organisations that can give you advice and support:

- [www.childline.com](http://www.childline.com)
- [www.iwf.org.uk](http://www.iwf.org.uk)
- [www.childnet.com](http://www.childnet.com)

### **Play your part**

If you see cyberbullying, speak up!

Always think before you post. Would you say it face to face?

Never share abusive messages, images or videos.