Cyberbullying Guidance for Children and Young People

Key advice for children and young people on how to deal with cyberbullying:

- Always respect others on and offline - think about what you say online and what images you send/post; be aware that online messages can easily be misunderstood – e.g. see Think Before You Post from Kidscape.
- Remember that anything you publish online can be made public very quickly and you will never be sure who may have seen it. Once something is posted, you can lose control of who sees it and where it may end up.
- Treat your password like a toothbrush; never share it with anyone. Only give your personal information like mobile phone number or email address to trusted friends. Be careful to log out of sites and apps if you share your device with others.
- Learn how to block or report online bullies or anyone behaving badly. Don't retaliate or reply to nasty messages - this is usually what the bullies are trying to get you to do. Remember, if you reply with a nasty or unkind comment, it could get you into trouble too.
- Always make sure you capture evidence of cyberbullying by saving or printing out text messages, online conversations and pictures. Try and include as much information as possible, e.g. web addresses (URLs), contact numbers, usernames, times, dates, locations, etc.
- Always make sure you tell someone if you are being bullied online – e.g. an adult you trust; an official support agencies like Childline and CEOP; or the website, app or mobile phone provider where the bullying is took place. If a crime has been committed or someone is at risk of harm, contact the police immediately.
- If you see cyberbullying going on, support the victim and REPORT it, without delay, to the website/app/mobile provider and your setting (whether those involved attend your setting or not). Don't be a bystander and say nothing or you become part of the problem.

Feedback

Online feedback form

Last updated 15th April 2020