



How to protect yourself online

Cyber bullying is when a person is threatened, humiliated, or targeted by someone else using the internet, mobile phone, or other types of digital technology. For example, posting humiliating messages on Facebook, sharing harmful photos or making fake viral videos.

Bullying that happens online is just as damaging as face to face bullying. Sometimes, it's worse. Unlike bullying that happens in school, for example, we're always connected to the internet. So if you're being harassed via whatsapp, there is no escape from the abuse, even in your own home.

Here's what you should do if you're being bullied online;

1. Don't respond - saying something nasty back might make the situation worse or get you into trouble.
2. Keep a record - cyberbullying leaves clear evidence so make sure you screenshot the offensive posts and keep a record of times and dates. This makes it easier to report.
3. Block and report - most social media sites and apps have the option to report offensive posts and block users. Use these functions! Even if this doesn't stop the bullying, you won't have to keep seeing it and you won't be tempted to retaliate.
4. Tell someone - let a teacher or parent know what's happening. If the bully is someone you know, adults around you can take action to stop the bullying.
5. Protect your privacy - if someone has access to your phone or online accounts, you can easily be the victim of a hack. Make sure you have secure passwords and don't share them, even with friends, in case they're not friends forever.

If you have a friend who's being bullied - physically or online - tune into the next video with [name] to find out the best ways you can help.

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TOGETHER**