

# Act Against Bullying's Cyberbullying Tips

## **Texts**

Don't reply to offensive text or video messaging

Don't leave your mobile lying around

Don't give out your mobile number to strangers

## **Social Networking**

Don't give out personal information

Don't let on if you are a child

Don't let on where you live

Don't let on which school you go to

Don't answer abusive posts

Don't get drawn into 'slagging off' exchanges

Don't write nasty comments

Don't write overtly sexual comments

## **Web**

Don't put up with abusive photographs posted by so-called friends.

Don't hesitate to report offensive sites to the IWF.

Do trace the site. Check our website for how to do this.

Don't hesitate to tell someone who is computer savvy if you think there is a fake site.

Don't read unflattering remarks on blogs if they upset you

**Important: Tell Somebody**



'Cyberbullies tend to use the same tactics as they do in the offline world, but more easily because they can do so from a distance. A sad fact of our time is that websites, instant messaging, community sites and social networking communities like Facebook, Bebo, Myspace, You Tube are the perfect media for bullies.'

*Louise Burfitt-Dons, Act Against Bullying*

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[www.actagainstbullying.org](http://www.actagainstbullying.org)

Registered charity no 1100132

**Act Against BULLYING**

Helping children who are bullied at school

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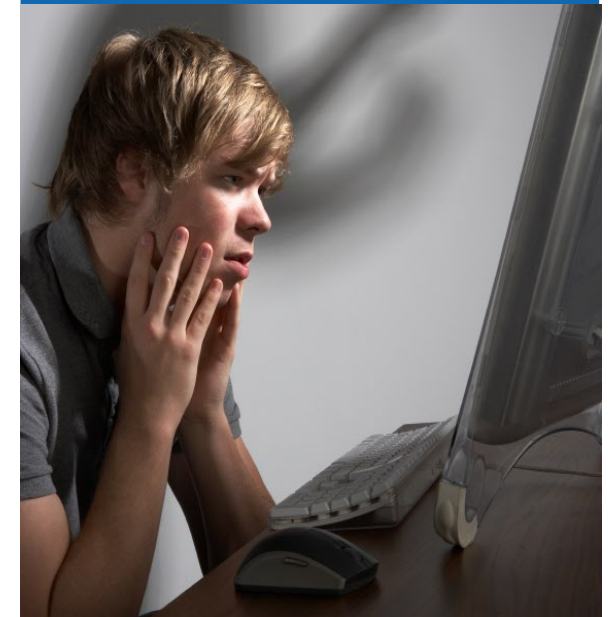
[info@actagainstbullying.org](mailto:info@actagainstbullying.org)

Stolen identity? Threats?  
Blackmail? Rumours?

Nasty pictures?

Gossip?

Abusive comments?



**Support**

**Act Against  
Bullying's**

**CyberKind Campaign**

Help children who are bullied on  
the net!



*“I wish everyone could practice cyberkindness. Cyberbullying destroyed my bubbly, loving teenager”  
Jenny, victim’s mother to AAB*

## **Why has Act Against Bullying launched CyberKind?**

Today most teens (and half of 8 to 17 years olds) have a social networking site. We’ve spoken to them and they tell us online bullying begins with little things like having rumours spread rather than direct threats – not really what you’d term ‘cyber bullying’.

Some examples: Private e-mail, IM or text messaging forwarded or posted to where others can view it.

Vulgar, unpleasant comments on forums and video sites like You Tube

Embarrassing photographs put up – maybe taken when they are out with their friends and trying not to be a ‘party pooper’

Act Against Bullying knows that most times teens would rather cope alone. They don’t want the fuss, they don’t want their computer time curtailed, and they don’t want to be forced to remove their online accounts.

So they suffer in secret. The idea of our CyberKind Campaign is to address these problems before they escalate to more serious acts of cyberbullying, ‘grooming’ and cyberstalking.

**There are many ways you can help us spread the word. Log on to the Act Against Bullying website [www.actagainstbullying.org](http://www.actagainstbullying.org) to find online volunteering opportunities. Or, hey, just be nice on the net!**

- *Organise a cyberkind conference at your school, club, place of work – even online! Discuss how you can help spread cyberkindness.*
- *Download and display our CyberKind posters!*
- *Spread the word of the CyberKind Campaign!*
- *Become a CyberKind fan on Facebook!*
- *Try and perform an act of cyberkindness every time you log on! Someone’s life may even depend on it!*

