What should I do if I if I am cyberbullied?

- It might not stop the bullying but help from friends and support online can help you to feel safe, whilst help from parents and teachers can help you cope emotionally.

Seek support

- Changing your username/profile, deleting the bully, disconnecting from social media can all help solve the problem and stop the bullying! However, sometimes bullies continue on another site/platform and that's why support is important.

Technological Changes

- For a single or less severe attack, people your age have found that reframing the attack e.g. 'it's only online' or 'it's their problem not mine', standing up to harrassment such as confronting them, or simply ignoring the attack has been most helpful.

Less Severe or Singular Attacks

- The tools for less severe attacks tend not to be helpful here. However, some have found that purposefully ignoring the bully e.g. 'this is really bad but I am not going to take part in it', changing your technological use and reaching out for support are most helpful.

Severe & Prolonged Attacks

Remember: Cyberbullying is a criminal offence, and it will be taken seriously