

Online Bullying

Cyberbullying can happen anywhere, anytime by people you know and sometimes people you don't know



For help and advice call:

ChildLine - NSPCC
0800 1111

Bullying UK
0808 800 2222

Cyberbullying can be done publicly online or private messaging – talk to someone you trust and report it

For help and advice visit:

Kooth.com

Thinkuknow.co.uk

Internetmatters.org

Don't be mean behind the screen

Online Gaming

Most online games feature some method of reporting people who you feel threatened by. You will usually find this feature in a 'recent players' menu within your game

DO

download an authorised firewall and antivirus to keep your computer safe



DO

report other players on gaming websites if you feel threatened by them

DO NOT

- Set your username using personal information such as your name, birthday or address
- Give out personal information or meet people you do not know even if you think they are your friends
- Make your character on online games look like you as this could help people find out your identity

Stay safe online!

Online Grooming

Online grooming is when someone uses the internet to trick, force or pressure a young person into doing something sexual or to get them to engage in criminal activity

For help and advice call:

**NSPCC
ChildLine
0800 1111**



Report to:
**CEOP
ceop.police.uk**

A 'groomer' can:

- Ask you to send naked pictures or sexual videos
- Isolate you from your friends and family through bribes or threats
- Use social media apps and online games to identify young people to groom
- Use compliments and flattery to get you to do what they want

Possible signs that a young person is being groomed are:

- They have an older boyfriend or girlfriend
- They have new expensive items such as trainers, jewellery or mobile phone
- They have a new friendship group and spend less time with their usual friends
- Being upset, withdrawn or distressed

Anyone can groom another person old, young, male or female

Indecent Images

It is against the law to take, make, share, own, open, download or store sexualised images and videos of children and young people under 18

Talk to
someone you
trust or call

NSPCC
ChildLine
0800 1111



If you are
feeling
pressurised
report it:

CEOP
ceop.police.uk

Risks of sharing nudes and sexting

- You lose control of the image or video
- Content can be saved and shared by others
- Can be difficult to remove online but should still be reported
- Risk of humiliation after relationship breaks down
- Can lead to being blackmailed using your images or videos

STOP! Think about it!
Sending nudes is not a risk worth taking!