

Text

Snapchat

Facebook

WhatsApp

email

YouTube

twitter

Pinterest

skype

Stop cyberbullying
following you around

instagram

Cyberbullying follows you wherever you go



Stop cyberbullying

- Don't reply to any nasty text messages, emails or posts.
- Keep the messages that you have been sent so you can **show someone**.
- Think about **changing your number** and only give it out to family and close friends.
- Don't keep it to yourself. **Tell someone**.

Go to www.buzz.org.uk for more support

Keep this card in your wallet



38% of young people
have been cyberbullied

ndcs
every deaf child