

HOW TO DEAL WITH CYBER-BULLYING

webwise.ie CHECKLIST

You can take control by not putting up with offensive content and by reporting it when you come across it. Here are some ways you can respond to unwanted messages.



DON'T REPLY to messages that harass or annoy you. Even though you may really want to, this is exactly what the sender wants. They want to know that they've got you worried and upset. They are trying to mess with your head, don't give them that satisfaction.



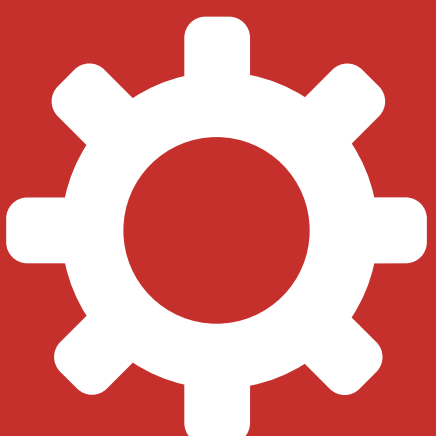
KEEP THE MESSAGE. You don't have to read it, but keep it. Keep a record that outlines, where possible, the details, dates and times of any form of bullying that you experience. This would be useful in the event that an investigation is carried out by your school, youth organisation, or even the Gardaí. Collect and keep the evidence.



TELL SOMEONE YOU TRUST. Talking to your parents, friends, a teacher, youth leader or someone you trust is usually the first step. If you need to speak to someone in confidence straight away you can call Childline on 1800 66 66 66, or get help through their online services at childline.ie.



BLOCK THE SENDER. Don't put up with it – block it! It may be possible to restrict unwanted communications (check the mobile device manual or seek adult help). Most social networks and messaging apps allow you to block other users. In serious cases of bullying it is a good idea to change your phone number.



REPORT PROBLEMS to the people who can do something about it. Responsible websites, social networks, messaging apps and mobile phone operators provide ways for their users to report things such as pornography, bullying content, abuse or other offensive material.