



WHAT TO DO IF I'M BEING **BULLIED** ONLINE

- **Stop Communication.**
- **Block** harassing messages or profiles.
- **Screenshot** the evidence & don't delete anything.
- **Talk** to someone you trust, your parents, a teacher or another adult you trust. They can offer advice and support if something upsets, confuses or annoys you online.
- If you can't speak to someone you know **call Childline** Free Phone: **1800 66 66 66**, Free Text: **50100** or chat online **www.childline.ie**
- **Report any problems** such as bullying, rude or false material to the website, app or game.
- If you are the target of online bullying or harassment online **report it to An Garda Síochána**. Contact your local Garda station, they will take your case seriously and deal with it in confidence, without judging you.

