Leicestershire Learning Disability Partnership Board

Leicestershire Constabulary

SAFEGUARDING ADULTS · WORKING TOGETHER TO PREVENT ABUSE ·

Leicestershire County Council

Leicester City Learning Disability Partnership Board

Leicester City Council

Helpful numbers and websites

www.thinkuknow.co.uk

www.mencap.org.uk

www.beyondbullying.com

Ring Leicestershire Police on **101**

Tell someone you trust

Cyber bullying is done on purpose and it can make you feel frightened and upset. Remember it is not your fault that you are being bullied.

Remember

Do not join in or forward unkind messages. You could be in trouble with the Police if you do.

This leaflet was made easy to understand by **Leicestershire Valuing People Team, Adult Learning Service** and **Anti-Bully Team** using CHANGE picture banks.
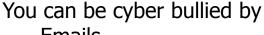
Keep safe:
on your computer and mobile phone

Cyber bullying

Cyber bullying is when one person or a group of people say or do unkind things which can hurt or embarrass you.

You can be cyber bullied by

- Emails
- Instant Messenger (IM) and chat rooms
- Social networking sites
- Phone calls and text messages
- Interactive games
- Being sent viruses

Some people may need support so that they understand this leaflet. Also look at **Keep safe: what the words mean** leaflet.

Things you should know...

Emails and text messages

You may get unkind and nasty messages sent to your email address or phone.
Bullies often try to keep who they are a secret by not using their own name. It could also be someone you know.

Instant Messenger (IM) and chat rooms

If you are being bullied by someone in a chat room or when using IM, stop using them.

Social network sites

People can send you or post nasty and embarrassing comments or photos. When a message or photo is posted on a site, everyone who is a friend or member can see it.

facebook

bebo

What can you do if you are being cyber bullied?

Do not reply to the emails or text messages.

Save any unkind messages or videos you get. By doing this you will be able to show them to someone you trust.

Talk to someone you trust and ask for help.

Change your mobile number or email address. Once you have new ones only give them to your family and close friends.

Block the bully. Use the privacy settings to stop that person getting in touch with you. This is called blocking. You may need to ask for help to do this.