



Cyberbullying – A Code of Conduct

- 1.** Never send any bullying or threatening messages. It is against the law and even deleted messages can be retrieved by the authorities.
- 2.** Never give out your personal details such as passwords to your mobile or email account.
- 3.** If you feel you are being bullied by email, text or online, talk to someone you trust.
- 4.** Keep and save any bullying emails, text messages or images and note any details about the sender.
- 5.** Serious bullying should be reported to the police – for example threats of a physical or sexual nature.
- 6.** Contact the service provider (mobile phone company, your internet provider) to tell them about the bullying. They may be able to track the bully down.
- 7.** Use blocking software – you can block instant messages from certain people or use mail filters to block emails from specific email addresses.
- 8.** Don't reply to bullying or threatening text messages or emails. It lets the bullying people know that they have found a 'live' phone number or email address. If you ignore them they may get bored and stop doing it.
- 9.** Don't forward abusive texts or emails or images to anyone. You could be breaking the law just by forwarding them. If they are about you, keep them as evidence. If they are about someone else, delete them and don't reply to the sender.
- 10.** If you are messaging, watch what you say about where you live, the school you go to, your email address etc. All these things can help someone who wants to harm you build up a picture about you.