Cyber bullying

How to stay safe on the internet:

- Don’t tell anyone your personal information
- Don’t take pictures and then send them to people you met online.
- Keep privacy settings on; if you don’t know how to do that, ask an adult.
- Don’t be silly whilst playing online games because they can sometimes be dangerous and hurtful.

What happens if it gets really bad

Police can get involved because it is classed as a crime. Your mum or dad can go and speak to the head teacher. People actually commit suicide because of the effects of bullying.
ANTI
BULLYING

Bulling really isn't good you can essentially hurt someone mentally or physically. Being bullied isn't nice at all so stop! Their are lots of different types of abuse like sexual abuse, physical abuse and cyber bullying. If you do ever get bullied you can talk to anyone you trust!

Different people to talk to:
- Mrs Lochhead
- Your Teacher
- Your Parent/Guardian
- Mrs Stokes
- Teaching Assistant
- NSPCC/Childline