

# WHAT CAN I DO?

Our trained support advisors offer practical, emotional and legal support.

## 1. RECORD EVIDENCE

Screengrab this as soon as it happens

## 2. BLOCK THEM

& Report to administrator

## 3. EMAIL

[Help@cybersmile.org](mailto:Help@cybersmile.org)

To be allocated a trained support advisor.

EMOTIONAL  
SUPPORT

PRACTICAL  
SUPPORT

LEGAL  
SUPPORT

If you receive serious repeated abuse and threats then you should contact your local police department, who will be able to advise you how to proceed

[help@cybersmile.org](mailto:help@cybersmile.org)



cybersmilefoundation



cybersmileofficial



cybersmile



@cybersmilehq



@thecybersmilefoundation



# THE CYBERSMILE FOUNDATION

[help@cybersmile.org](mailto:help@cybersmile.org)

## CYBERBULLYING : HELP FOR TEENS

# PREVENT CYBERBULLYING

### PROTECT YOURSELF

Never give out any personal/private information, such as passwords, to anyone. Including your friends!

### SAY NO TO PEER PRESSURE

Avoid passing on messages you are asked to send around, especially if they contain abusive/cruel content

### SAY NO TO STRANGERS

Never agree to meet anyone you don't know! Report them and tell an adult if they are persistent about meeting you

### THINK BEFORE YOU CLICK

Avoid sending/typing anything that others may find offensive

### WORRIED ABOUT A FRIEND?

If you know that a friend is being cyberbullied, there are things you can do to help.

Taking action such as telling an adult and reporting the bully will show your friend that they are not alone

### INFORMATION

Be aware of your schools policy on cyberbullying



## HELP FOR TEENS

# WHAT IS CYBERBULLYING?



Cyberbullying and digital abuse is intentional malicious acts of communication through technology using social media, email, text messages, online gaming platforms or any other digital technologies/programs.



Girls are twice as likely to experience cyberbullying than boys



90% of young victims do not inform adults of online bullying issues



The American Academy of Paediatrics calls cyberbullying the "most common online risk for all teens"



The National Centres For Disease Control estimates that 16% of teens contemplate suicide before graduation



Over 40% of all secondary or high school children have been bullied online and 1 in 4 have suffered repeated incidents

# "OMG I'M BEING CYBERBULLIED WHAT DO I DO?"

**STOP:** Immediately stop replying and don't share any personal info

**BLOCK:** Block and report the bully.

**TELL:** Tell a trusted adult and keep telling until something is done

**SCHOOL:** Find out what your school can do about cyberbullying

**PROOF:** Save abusive messages - you might need them later on

**POLICE:** Inform the police only if your safety is at risk



## SEXTING

### CONTROL OVER OTHERS

Teens often consider that ownership of sexual images gives them some control over the sender

### IMAGES SPREAD LIKE WILD FIRE

Pages can be set up on the web and the image can be posted on social networking sites, emailed or even printed as hard copies

### CYBERBULLYING & SEXTING

Sexting images can be easily distributed around school peer groups, with the original sender being ridiculed and singled out as a "perv" or a "slut"

### GIRLS AND SEXTING

Young girls are being pressured with requests for pictures and provocative messages. These requests may come from a boyfriend or boy the girl is interested in, making her feel obligated to send images in order to further the relationship.

### INNOCENT FLIRTING?

As other girls are seen to treat sexting as a normal way of flirting it becomes harder to resist participating. In many cases young girls find ways of making excuses or laughing off requests for sexts but are still concerned about the increasing number and sexual nature of them

### BOYS AND SEXTING

For many teenage boys, sexting is a way of establishing their sexual status among friends and peers. Asking for, sending, collecting and distributing sexts is seen as a form of currency