

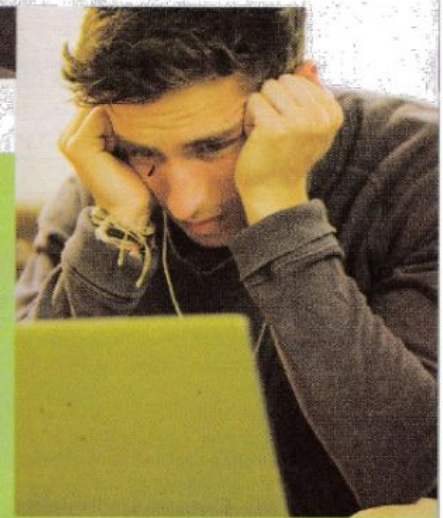
**READING****An Information Leaflet****CYBERBULLYING****AND HOW TO DEAL WITH IT**

Someone is sending you nasty messages or posting rude comments about you on the internet. Should you ignore them or do something about it? Do you need advice about what to do? Read these five tips.

- 1** Don't reply. Bullies love it when they get a reaction, so don't let them know they're causing you stress.
- 2** Block the horrible messages. The best thing to do is to avoid all electronic communication so the bully can't get through to you. If you really can't live without using your phone or social networking sites, use filters to block the unkind messages. If someone bullies you in a chat room, don't get into an argument with them. You should report the messages to the chat room moderator.

- 3** Talk to someone. You mustn't try to deal with the problem on your own. Ask for help – from your parents, a teacher or another adult you can trust. Some victims of cyberbullying feel the problem is their fault and they delay getting help. You don't have to put up with the bullying, and the sooner the bully knows this, the better.

- 4** Save the evidence. If you have been the victim of online bullying, then you've probably got written proof of it. You can save the messages, print them out and show them to someone who'll take action to stop it. It might be your teacher or even the police.



- 5** Help the victims of cyberbullying. Don't encourage cyberbullies as this will make the problem worse. You shouldn't be afraid to report the bullies if they continue sending hurtful messages to someone you know.

**Word check**

ignore block get through to filter put up with victim proof

1. Look at the picture.
2. How do you think the boy feels.

3. Why is he feeling like this?

He has a problem with bullying

He feels sad and depressed

4. Read and listen.

Which pieces of advice are for victims of bullying ?



Which piece of advice isn't for someone who is being bullied ?



• 1

• 2

• 3

• 4

• 5