**E-safety tips.**

Technology is great for communication and learning provided it is used safely and properly but it can be used in the wrong way too. These tips will protect you from cyberbullies who can leave you feeling hurt and angry and upset. No type of bullying should ever be tolerated so use these tips to help you prevent cyberbullying before it starts.

To stay safe with technology you should:

* refuse to pass along cyberbullying messages
* tell your friends to stop cyberbullying
* block communication with cyberbullies; delete messages without reading them
* never post or share your personal information online (including full name, address, telephone number, school name, parents’ names, credit card number) or your friends’ personal information
* never share your passwords with anyone except your parents
* never put anything online that you wouldn’t want your classmates to see, even in an e-mail
* never send messages when you are angry or upset
* always be as polite online as you are in person

It you are targeted by a cyberbully, it is important not to respond to any posts of messages written about you, no matter how hurtful or untrue. Responding will only make the situation worse and provoking a reaction from you is exactly what the cyberbullies want so don’t give them the satisfaction.

Instead, respond to cyberbullying by:

* **Saving the evidence of the cyberbullying**: keep abusive text messages or a screen shot of a webpage and then report them to a trusted adult such as a teacher or your family group leader.
* **Reporting threats of harm:** and inappropriate sexual messages to the police, in many cases the cyberbully’s actions can be prosecuted by the law
* **Being relentless:** keep reporting every incident until it stops, there is no reason for you ever to put up with cyberbullying
* **Preventing communication from the cyberbully:** by blocking their e-mail address, cell phone number and deleting them from social media contacts. Report their activities to the internet service provider.