

## IF YOU ARE BEING TARGETED BY CYBER BULLIES

- ⇒ **Don't feel ashamed** - The shame lies with the perpetrator. Remember it's not about you. Often people who bully others do so to make themselves feel better because they are unhappy. Do not blame yourself, it is not your fault.
- ⇒ **Don't reply to abusive or hurtful messages** - Do not respond to unwanted texts, instead turn off your phone for a few days or change your number. If you are receiving unwanted calls, do not hang up straight away as this may feed the callers wish to scare you, instead walk away and hang up a few minutes later.
- ⇒ **Save the message** - Do not delete the offensive text, email, phone-call, video-clip or image, this should instead be kept as evidence.
- ⇒ **Protect yourself** - Think about purchasing an application which would allow you to control who calls or sends you texts, such as *vMad Bully Stop* from Carphone Warehouse.
- ⇒ **If the cyber-bullying is very threatening and serious**, contact your local Gardai.
- ⇒ **Block the sender.**
- ⇒ **Do not ignore the bullying** - tell someone you trust. Report the threatening or offensive behaviour to parent or teacher and/or contact the service provider (through its Customer Care or Report Abuse facility.)  
Share evidence of cyber-bullying with the school. Most often the boys and girls who cyber-bully also engage in traditional face to face bullying so it is important that the school gets to know about it so that they can apprehend the perpetrators. With cyber-bullying, you will have the advantage of being able to show copies of the offensive messages, pictures or video clips .