

Have you ever cyber-bullied anyone?

Have you ever been cyber bullied?

Have you ever witnessed cyber bullying?

100% of teenagers answer yes to at least one of those questions.

So that means everybody has a part to play to help stop this needless behaviour online.

Play YOUR part by using STOP, BLOCK, TELL.

STOP: Stop and think before posting something online that might be upsetting to someone. Think about how you would feel if you were in their position.

BLOCK: If you are a victim of cyber-bullying block and report the person that has been bullying you.

TELL: If you think you are being cyber bullied, report the person that's bullying you to a parent, guardian, or teacher. Cyber bullying is not OK, nobody deserves it and we can all help to put an end to it for good!