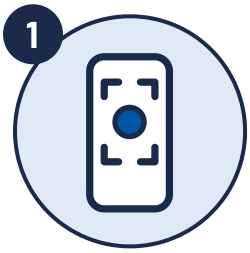
ONLINE BULLYING

Upset by something online?

Save the proof. Block. Report. Tell.

1



Screenshot it – but never a nude or sexual image.

Save messages, posts and usernames as proof. Don't save or share a nude or sexual image: tell a trusted adult.

2



Block them.

Stop them contacting you. Don't reply.

3



Report it.

Use the report button on the app, game or site.

4



Tell an adult you trust.

They can help you sort it out.

Under 18 and a nude image of you is online? Childline's Report Remove tool can help get it taken down. Go to childline.org.uk

postertemplate.co.uk