

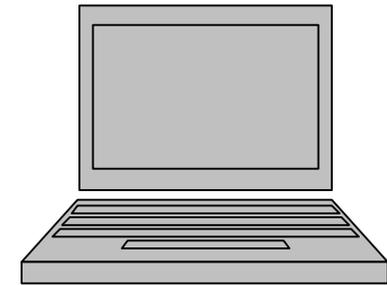
Social Media

- Only use social media suitable for your age
- Make sure your parents/ grown ups set the privacy controls and know which sites you use
- Don't accept friend requests from strangers
- Don't give out personal information
- Tell an adult if something upsets you on social media. Do not delete it!

Messaging and Social Media

- Never give out your name, address, phone number, school name or passwords on line.
- Use a nickname and do not give out photos of yourself.
- Don't accept emails or open files from people you don't know.
- Remember it might not just be people your own age in a chat room.
- If you are worried about anything in a chat room, get out and tell an adult!

Dronfield Junior School



If you are being bullied by phone/Internet

Remember bullying is never your fault. It can be traced and it can be stopped.

- Don't ignore it, tell someone you trust.
- Keep calm, show no fear, don't get angry.
- Don't give out your address, the name of your school, your email address or your phone number. Don't send pictures of yourself
- Keep any bullying emails, messages or images as evidence.

Text Messaging

STOP receiving texts - turn off incoming messages for a few days. This might make the person believe you've changed your phone number.

CHANGE your number if the bullying doesn't stop.

TELL your mobile service provider instead of replying to any worrying texts/ messages. Save texts, you don't even have to read them. Text/ messages harassment is a **crime**. If texts/ messages are threatening tell the **police**.



Phone Calls



- **Don't** hang up straight away. Walk away from your phone for a few minutes first. The caller could get bored and stop bothering you.
- **Don't** give out your number or leave your phone lying around.
- **Don't** say your name when you answer the phone.
- **Do** tell someone!
- **Do** make a note of times and dates to show the police.