

stoptextbully top 10 tips

You will find a 'top 10 tips' poster at the back of this pack. The poster summarises the key tips for kids. We recommend that you put this up in your class or school.

The tips below are aimed at pupils and are based on extensive research and NCH's expertise. They extend or explain the key messages on the poster.

- 1 ALWAYS TELL SOMEONE YOU TRUST WHAT'S HAPPENING** – this could be your parents, carer, teacher or friend. This might help you feel better and the person may also be able to help you to find a way to stop it altogether.
- 2 YOU MAY NEED TO TELL THE LOCAL POLICE** It's against the law to make a call or send a text or email that's really abusive or menacing, or to keep sending messages that will annoy someone or make them anxious. The sender could get fined or even go to prison!
- 3 NEVER REPLY TO THE BULLY OR SEND AN EVEN nastier MESSAGE BACK** Often bullies will send a message to get a reaction, so don't respond to it. Bullies who don't get a reaction often get bored and stop.
- 4 KEEP AND SAVE MESSAGES** If there's a website, online voting site, weblog or message board that says bad things about you, save a copy or print it off. The internet service provider (ISP) that hosts the site should have an email address or helpline where you can send the copy and ask them to get rid of it. It might be a good idea to ask a trusted adult to help you contact the ISP.
- 5 TAKE A BREAK FROM YOUR PHONE OR COMPUTER** for a few days! Let your phone take messages and don't chat or check texts or emails. If you really need to make calls, find out if your phone can turn off incoming texts for a while. The bully might just get bored and stop.
- 6 MAKE SURE ONLY GOOD FRIENDS AND FAMILY ARE IN YOUR PHONE OR EMAIL ADDRESS BOOK** If you don't recognise a number, caller ID or email, leave it and get a trusted adult to check it later.
- 7 IF YOU REALLY LIKE USING A CHATROOM**, you could sign up again with a different chat ID – use a nickname and don't give out any of your personal info. Hold back for a bit in the chatroom until you're sure the bully's gone.
- 8 ALWAYS BE CAREFUL** who you give or lend your mobile to and always be careful about giving out your mobile phone number, especially if you change it – never give out your number in an internet chat room. You don't know who else might be online and watching.
- 9 YOUR MOBILE PHONE PROVIDER CAN HELP YOU BY CHANGING YOUR NUMBER** if you start getting bullied through your phone.
- 10 KEEP TELLING YOURSELF: 'THIS BULLYING IS WRONG'** It's not my fault and I'm not putting up with it! You are not alone.

For more detail on what you or your pupils can do, who you can talk to and how you can stop mobile bullying, please visit: www.stoptextbully.com