



# What to Do If You Experience Cyberbullying Online

KS3 Ages 11-14 🕒 3 min read

## What Is Cyberbullying?

**Cyberbullying** is when someone uses the internet, social media, gaming platforms, or messaging apps to be mean to you. It might be nasty comments, spreading rumours, sharing embarrassing pictures, or repeatedly targeting you online. The difference between regular bullying and cyberbullying is that it can happen **24/7** and lots of people might see it.

Think of it like: if someone bullies you at school, you can go home and be safe. But with cyberbullying, the bullying can follow you home on your phone or computer.

## What You Should Do Right Away

If you experience cyberbullying, the first thing to remember is: **it is not your fault**. Here's what to do:

- 1. Stop, don't respond.** Don't reply to mean messages, even to defend yourself. Bullies often want a reaction. Responding can make things worse.
- 2. Keep evidence.** Take screenshots of the hurtful messages or posts. Don't delete them yet - you might need them to show adults what's happening.
- 3. Block or report the person.** Most platforms like **Instagram**, **TikTok**, **YouTube**, and **Discord** have a **block** button or **report** feature. Use it. These tools help protect you and let the platform know about bad behaviour.

Think of it like: blocking someone is like putting up a wall so they can't reach you. Reporting it is like telling a teacher what's happening.

## Tell a Trusted Adult

This is the most important step. Talk to a parent, carer, teacher, school counsellor, or another trusted adult. They can:

Help you report it to the platform or website. Contact the bully's parents or school if needed. Support you emotionally – cyberbullying can be really hurtful.

If you're worried about telling someone face-to-face, you can write it down or send them a message first.

## **Get Extra Help If You Need It**

Organisations like **Childline (0800 1111)** and **CEOP (the Child Exploitation and Online Protection Command)** are there to help young people being bullied online. They're free, confidential, and available **24/7**.

Remember: you deserve to feel safe online, just like you do offline. Speaking up about cyberbullying is brave, not weak.