

Keeping yourself safe – Cyber bullying (online bullying)

Cyber bullying on social networks can happen to anyone at any time. Social networks should be a place where you can connect with friends, so it can be really upsetting to experience bullying on social networking sites.

How do I stop bullying on social networks?

There are lots of ways to stop cyber bullying and some of the best first steps include:

- Reporting the person who is bullying you
- Blocking the person who is bullying you
- Taking a screenshot of the bullying
- Talking to an adult you trust

How do I stop bullying on Facebook?

There are different ways to stop bullying on Facebook, depending on the type of bullying. You can remove tags or block people who are sending you nasty messages. You can also report abusive posts or groups so Facebook can take them down. Reports are anonymous so the person doing the bullying won't know who reported it.

How do I unfriend or remove a friend?

To unfriend someone: 1.Go to that person's profile 2.Hover over the Friends button at the top of their profile 3.Select Unfriend.

How do I block someone?

To block someone: 1.Click at the top right of any Facebook page. 2.Click How do I stop someone from bothering me? 3.Enter the name or email address of the person you want to block and click Block. 4.If you entered a name, select the specific person you want to block from the list that appears.

How do I report posts?

To report a post: 1.Click in the top right of the post you want to report and select I don't want to see this 2.Click Why don't you want to see this? 3.Choose the option that best describes the issue and follow the on-screen instructions

It's a really good idea to set your profile to 'friends only' so that you can't be on the end of bullying from people you don't know.

Facebook Help <https://en-gb.facebook.com/safety/>

How do I stop bullying on Instagram?

Instagram is automatically set to public so that anyone can see your images - even if you don't know them. It's much easier to stop bullying if your profile is private. When your profile is private, anyone who wants to follow you and see your photos has to send you a request - which you can 'approve' or 'deny'. This way you can control who sees your photos and can make sure only your friends can talk to you on Instagram.

If someone is sending you messages or comments that make you feel uncomfortable, angry or upset, a really good first step is blocking the user. The other person won't know that you've blocked them - but they won't be able to view your photos, send you comments or find you in search results. You should also report anyone who is being abusive to you.

It's worth knowing that if you block someone, they can still mention your username by using the '@' sign. If you are still getting abusive messages, you can block the person sending the messages and change your username - this will mean they can't mention your username

How do I set my photos and videos to private so that only approved followers can see them?

To set your posts to private: 1.Go to your profile by tapping 2.Tap Edit Your Profile next to your profile picture 3.Turn on the Posts are Private setting and then tap Done

How do I block or unblock someone?

To block or unblock someone: 1.Tap their username to open their profile 2.Tap (iPhone/iPad), (Android) or (Windows Phone) 3.Tap Block User

How do I report a post or profile for abuse or spam?

To report a post: 1.Tap (iPhone and Windows Phone) or (Android) below the post 2.Tap Report Inappropriate 3.Follow the on-screen instructions

To report a profile: 1.Tap (iPhone), (Windows Phone) or (Android) below the post 2.Tap Report Inappropriate (iPhone and Android) or Report for Spam (Windows Phone) 3.Follow the on-screen instructions

Instagram Help <https://help.instagram.com>

How do I stop bullying on Snapchat?

Snapchat can be a really fun way to share images. It's different from other photo sharing apps because when you send an image, it will only last between 1 and 10 seconds before being deleted.

Snapchat can sometimes be used for bullying as well though. This can be really frustrating and upsetting because you might get a nasty image which is automatically deleted. This can make it hard to report bullying on Snapchat.

How do I stop bullying on Snapchat?

You can't save images you get through Snapchat, but if you get an abusive message you can take a screenshot. This way you will have something to report.

If you take a screenshot, Snapchat will try to send a notification to the person who sent you the original message. So it's important to think about how the other person might react if they know you have taken a screenshot of their message.

If someone is bullying you on Snapchat, blocking them will stop them from sending abusive messages. You can also report bullying to Snapchat - they may be able to help stop it.

All reports should be made to <https://support.snapchat.com/co/harassment>

Sometimes you might be added by a username that you don't recognise. This can make it hard to tell whether you know the person or not and it may lead to bullying. It can be upsetting if you're not sure who the person is. A good idea might be to set up Snapchat so that you only receive messages from people on your friends list. You can do this by going to your settings then going to 'Who can send me snaps'. From here, change to 'my friends' instead of 'everyone'.

Snapchat Help <https://www.snapchat.com/safety>

NOTE: The procedures listed above are correct at the time this document was created. Please look for Safety or Help sections on the social media site you intend on using prior to creating an account.

Also check out <http://www.thinkuknow.co.uk/>

Contacting Social Media sites http://www.thinkuknow.co.uk/14_plus/help/Contact-social-sites/