

- **I am being bullied online or by text-What can I do?**

The best thing to do is not reply to these people. People who bully online like this often want to get a reaction. Showing that you are angry or upset could make things worse. It's also a good idea to take screenshots of any nasty messages you are sent. This way you can [tell an adult you trust](#) about what's happened. You can also sometimes report bullying to the site it happens on. [Find out how to report bullying on different social networks](#).

Remember that it's likely that those people don't actually know who you are. Even if they say they know you in real life, it's likely that this isn't true.

- **What are the different types of cyber bullying?**

There are lots of different ways that someone can experience bullying through the internet or mobile phones. Some of them are really subtle, so it might be difficult to realise what is happening.

Text messages

Sending abusive, nasty or threatening text messages to someone is a type of bullying. This could include sharing those texts with other people who might join in the bullying.

Sexting

[Sexting](#) is when someone takes a sexually explicit picture or video of themselves and then sends it to someone else. Sometimes people who are trying to bully someone may ask for these kinds of images so they can send them on to other people. If someone's asking you for sexual pictures of yourself, download ChildLine's free [Zipit app](#). It gives you loads of great ways to deal with sexting.

Email

Sending abusive emails is a type of bullying. Sometimes those emails might be shared with other people who could join in the bullying. Sending computer viruses or hurtful videos and pictures by email is also online bullying.

Instant messaging (IM) and chat rooms

Sometimes people might get nasty messages when they are using instant messaging or chat rooms. Sending those types of messages using someone else's account without their permission is also online bullying.

Social networking sites

Social networks can be used in lots of different ways to bully someone. Learn more about how to [stop bullying on different social networking sites](#) like Facebook, Twitter, Tumblr, Instagram, YouTube and many more.

Online gaming

Being abusive towards someone or harassing them on an [online multi-player gaming site](#) is also a kind of online bullying.

Abusing personal information

Sometimes people involved in bullying might post someone else's photos or personal information without that person's permission. This could include pretending to be someone else and writing fake comments or blogs.

[What should children do if they think they have been involved in cyber bullying. What can they do to put it right?](#)

Nobody really likes to think they are involved in bullying and children can often make excuses for the way they treat people. Sometimes this makes it difficult to realise when they themselves are a part of bullying.

If they use digital technology to upset, anger or embarrass someone on purpose, this means they are involved in online bullying.

It might be as simple as 'liking' a mean post on Facebook or spreading a rumour on Twitter.

Never underestimate the impact that bullying can have on someone. It can make the person feel deeply upset and hopeless. Sometimes it can make people [self-harm](#) or, in some very serious cases, might contribute to someone feeling [suicidal](#).

It's important to think about how they might feel if someone said the same thing about us.

Thing about what they're doing: The first step is realising that they have been involved in bullying. People all make mistakes and it doesn't make you a bad person.

Ask for some advice: Tell someone they trust, like a parent, carer or teacher. They may be able to offer them some advice about what to do.

Delete the bullying: Go back and delete any upsetting or nasty posts, Tweets or comments they have written

Be the one to make a stand: Talk to others involved and encourage them to stop the bullying. It only takes one person to start making a big change

Say sorry: Apologise to the person who was bullied and offer them support. This can mean a lot to the other person.

Learn from this: Sometimes people do things without really thinking them through but the important thing is to learn from it and change the way they act in the future.