

# stop text bully top 10 tips

ALWAYS TELL SOMEONE YOU TRUST WHAT'S HAPPENING

IF YOU RECEIVE REPEATED NASTY MESSAGES, KEEP A RECORD. BULLYING IS AGAINST THE LAW

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

NEVER REPLY TO THE BULLY OR SEND A NASTIER MESSAGE BACK

IF YOU KEEP RECEIVING NASTY MESSAGES TAKE A BREAK FROM YOUR PHONE FOR A FEW DAYS!

MAKE SURE ONLY GOOD FRIENDS AND FAMILY ARE IN YOUR PHONE OR EMAIL ADDRESS BOOK

IF YOU REALLY LIKE USING A CHATROOM, YOU COULD SIGN UP AGAIN WITH A DIFFERENT CHAT ID - USE A NICKNAME AND DON'T GIVE ANY OF YOUR PERSONAL INFO

IF YOU START GETTING BULLIED THROUGH YOUR PHONE, YOUR MOBILE PHONE PROVIDER CAN HELP BY CHANGING YOUR NUMBER

KEEP TELLING YOURSELF: 'THIS BULLYING IS WRONG, IT IS NOT MY FAULT AND I AM NOT PUTTING UP WITH IT! YOU ARE NOT ALONE'

ALWAYS BE CAREFUL ABOUT WHO YOU GIVE OR LEND YOUR MOBILE TO AND WHO YOU GIVE YOUR NUMBER TO



the children's charity