

Text

Snapchat

Facebook

WhatsApp

email

YouTube

twitter

Pinterest

skype

instagram

Stop cyberbullying
following you around

Cyberbullying follows you wherever you go



Stop cyberbullying

- Don't reply to any nasty text messages, emails or posts.
- Keep the messages that you have been sent so you can **show someone**.
- Think about **changing your number** and only give it out to family and close friends.
- Don't keep it to yourself. **Tell someone**.

Go to www.buzz.org.uk for more support

Keep this card in your wallet



38% of young people
have been cyberbullied

ndcs
every deaf child

Everyone is different

So what?!



Some people are deaf
Who wants to blend in anyway?

Be proud to be you

- Everyone has something that makes them different. That **makes you who you are**.
- **Bullying is never ok** and it's not your fault.
- Don't keep it to yourself. **Tell someone.**

Go to www.buzz.org.uk for more support

Keep this card in your wallet

Everyone has the
right to be who
they are **without**
being bullied.



I'm being bullied.
What can I do?



Bullying can mean lots of different things,
but you don't have to put up with any of it.

You're not alone

- **Don't panic!** It can be sorted out.
- Don't keep it to yourself. **Tell someone.**
- Try to stay away from the bullies.
- **Don't fight** back.
- **Don't believe** the bullies.

Keep this card in your wallet

Go to www.buzz.org.uk for more support

IS there a bully...



in your group?

Keep this card in your wallet

Friend or bully?

- **Friends are always on your side.** They don't spread rumours, call you names or push you around.
- Even best **mates fall out sometimes.** Being bullied is different. It happens often.
- Jokes can go too far. If you don't like what someone is doing, you **don't have to put up with it.**

Go to www.buzz.org.uk for more support

Bullies can be friends or classmates, but they're definitely not good to hang out with.



Is it
me?

Do others think I'm a bully? How can I stop?



- Think about your behaviour**
- **Say you're sorry.** It'll be hard, but it's the first step to fixing things.
 - Stop and think – **words can hurt.**
 - Think about **why you bully others.** Is something upsetting you?
 - **Tell someone.** There are people you can talk to who won't judge you.

Go to www.buzz.org.uk for more support

Keep this card in your wallet



Are they
bullying
me?

I thought
they were
my mates



Bullies can be friends or classmates.
If you're being upset often,
it's time to sort it out.

Friend or bully?

- **Friends want the best for you.** They don't spread rumours about you or call you names.
- **All friends fall out sometimes.** Being bullied is different. It happens often.
- Teasing can go too far. If you don't like what someone is doing, **you don't have to put up with it.**

Go to www.buzz.org.uk for more support

Keep this card in your wallet