

# Online Bullying

Sometimes people are mean online and spoil our fun. It can make us sad, unhappy and anxious to go online. Here are some tips to help you manage it.

**Don't Respond**

Try not to reply, no matter what they say. It gives them an excuse to carry on.

**Save a copy**

Take a screenshot to show someone what is happening and keep it as evidence.

**Report**

Tell the app or game so they can do something about it.

**Block**

Block them so they can't contact you or play online with you.

**Talk**

Tell someone what is happening. It will make you feel better and there are people who can help you.

**internet  
matters.org**

**ChildLine**  
0800 1111 