

# Internet and phone bullying



How to stay safe  
on the internet  
and when using  
your phone.

## Easy Read Factsheet



It is important to stay safe when using  
the internet and your phone.

Tell someone you trust if you are bullied.

Examples of what we mean by internet and phone bullying:



Nasty text messages.



Nasty phone calls.



Nasty computer messages.



Sending rude pictures.

## Stopping nasty phone calls or text messages.



If you are getting nasty phone calls or text messages tell the Police by phoning 101.



Keep any nasty text messages you get to show the Police. This will help them.



The Police and your phone company may help you get your phone number changed.

## Take care when you talk to people on the internet.

Most people are friendly, but some people can be nasty.



Only become friends with people you know on websites like facebook and twitter.

You can say no if someone wants to be your friend.

**NEVER** agree to meet up with people you don't know, or you are not sure about.



People should not make you feel scared or upset on the internet.

These things are wrong:



People sending you nasty messages or threatening you.



People telling lies about you on the internet.



People sending you rude photos, or trying to get you to send rude photos.



People trying to get you to give them money.



People asking for your address, bank details or passwords.

Ask someone you trust to help you block people who are sending you nasty messages.



This means they won't be able to send you any more messages.

Tell the Police if anyone is bullying you and you feel unsafe.



Phone 101 to talk to the Police.  
Phone 999 in an emergency.

Keep any nasty text or internet messages you get to show the Police.  
This will help them to stop it happening.

Go to [www.repsonboard.org](http://www.repsonboard.org) to see all of our Keeping Safe Factsheets

If you feel you are being picked on  
you can also talk to Stop Hate UK  
by phoning this number.

**STOP HATE CRIME**  
**0800 138 1625**  
**24 HOUR HELP LINE**

Factsheet designed by The Clear Communication People Ltd in partnership with the 'Keeping Safe Project' - a Derbyshire County Council and MacIntyre funded project for people with learning disabilities. Adapted from original factsheet developed with Surrey Police as part of a Stop Hate Crime project funded by The Learning Disability Partnership Board in Surrey.