



# My Body is My Body

## Cyberbullying

[www.mybodyismybody.com](http://www.mybodyismybody.com)



*Abusive comments*



*Threats of physical harm*

*Being excluded*



*Being ignored*



*Spreading rumours*

*Being sent rude  
or upsetting images*



*Name calling*

*Having your personal  
information or images  
shared with others*

**What is  
Cyberbullying**

# Cyberbullying is NEVER ok



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### ***Protect your identity Safety Rules***



***Pick a username that isn't your real name***

***Pick a profile picture that doesn't show where you live***



***Never share your address***



***Never share your phone number***



***Never share where you go to school***

***Never share your passwords***



***Make sure you make time to do other things  
apart from being on your computer or phone***

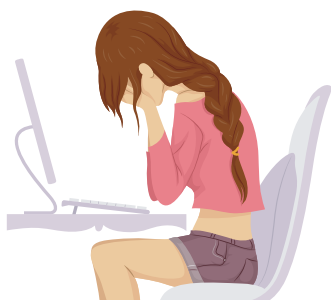
***Always Remember what you share online  
is there **forever.*****



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***Be careful of friend requests from people you don't know –  
Only accept 'friend' requests from people you know in real life.***

***Block anyone who upsets you by picking on you or says mean things –  
this will stop them being able to contact you,  
and they will not be able to see your profile.***

***Think before you upload and share photos –  
post photos that show you and your friends in a positive way.  
Once they are uploaded they are there forever.  
Also get permission from your friends if you want to post pictures of them.***

***Never agree to meet someone you've only met online.  
Take one of your parents with you and meet in a public place.  
If they are who they say they are, they'll be happy to do this.***

***Always tell if you see something that upsets you  
or if you are being bullied.***