

Anti-Bullying Week

How to Deal with Cyber Bullying on Your Phone

“Someone is bullying me through my mobile phone. What can I do?”

Try and remember these tips:

Don't reply to any nasty messages you receive.

Keep the messages you have been sent so you can show someone.

Don't answer any calls from a withheld number, or from a number you don't know.

If it gets really bad, you could change your number.

If you change your number, only give out your number to close friends.

If the problem is serious, tell the police.

Don't keep it to yourself or try to deal with it alone.

Tell an adult you trust, like a parent, grandparent or teacher. It helps to talk.



Mobile phone operators can't stop or block a particular number from contacting another phone, but you can do this on some types of phone. Check your phone user guide to see if yours can. Mobile phone companies can only take action on the bully's account, such as blocking it, if the police are involved.