

# Cyber Bullying: 3 Ways to Steer Clear



Sometimes, people do things which are cyber bullying without realising it. You only need to remember three things to make sure you don't cyber bully anyone.



## 1. Respect other people - online and off.

Don't spread rumours about people or share their secrets, including their phone numbers and passwords.



## 2. Think before you send e-mails and texts.

Sometimes when you're angry if you respond too quickly you might say something you regret.



## 3. Do as you would be done by.

Think how you would feel if you were bullied. You're responsible for your own behaviour - make sure you don't distress other people or cause them to be bullied by someone else.

# Remember: The law is on your side

**The Protection from Harassment Act,**  
**The Malicious Communications Act 1988**  
and **Section 43 of the Telecommunications Act**

may be used to combat cyber bullying.

People may be fined or sent to prison for up to six months.

