

Together, we can help stop cyberbullying



Designed by young people for young people, Stop, Speak, Support gives children simple steps to take positive action online and deal with cyberbullying.

It offers them the confidence to step in and inspire change in other people's behaviour.

[www.internetmatters.org/
StopSpeakSupport](http://www.internetmatters.org/StopSpeakSupport)

internet
matters.org

STOP
SPEAK
SUPPORT

[Anti-Bullying
Alliance]

Encourage your child to Stop, Speak and Support to take positive action online and be a good digital citizen.

STOP

- Take time out before getting involved, and don't share or like negative comments
- Try and get an overview of what's really going on
- Check community guidelines for the site you are on

SPEAK

- Ask an adult or friend that you can trust for advice
- Use the report button on the social platform it's happening on
- Speak to one of the charities set up to help with situations like this, such as Childline

SUPPORT

- Give the person being bullied a supportive message to let them know they're not alone
- Encourage them to talk to someone they can trust
- Give them a positive distraction from the situation

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#Pledge2share

**with your child to
inspire change and
stop cyberbullying**



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