



# Internet and phone bullying



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

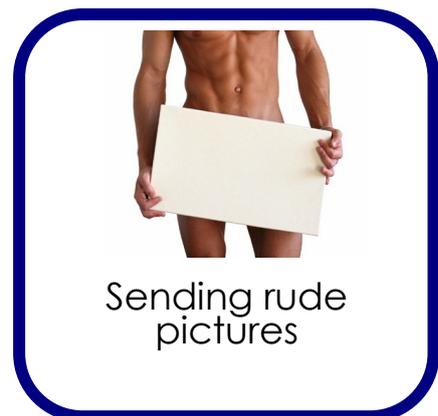
## Easy Read Factsheet

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

Tell someone you trust if you are bullied.



### Examples of internet and phone bullying:



Stopping nasty phone calls or text messages.

The Police and your phone company will help you.



**The Police will help get your phone number changed.**



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

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



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 do not 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 or send them money.**



**People asking for your name, address, bank account or passwords.**

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



**This means they will not be able to send you any more messages.**

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

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



In an emergency dial **999**

When its not an emergency dial **101**



**For more advice visit the Dorset Police website:  
[www.dorsetpolice.uk](http://www.dorsetpolice.uk)**

**If you are hard of hearing or have a speech impairment:**



emergencySMS

- EMERGENCY only text service – 80999



- Type talk: 18000



- Non Emergency Text: 07766 425243 to report less serious crime. (Please note this line is not available between 0300 hrs - 0700 hrs)



- Email service for the Deaf and Hearing impaired:  
[www.dorset.police.uk/Default.aspx?page=679](http://www.dorset.police.uk/Default.aspx?page=679)