

STOP DisAbuse

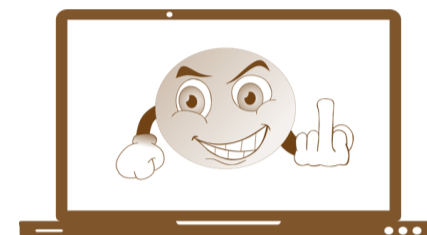
STOP DISABLIST BULLYING

How to know that you are being Cyberbullied



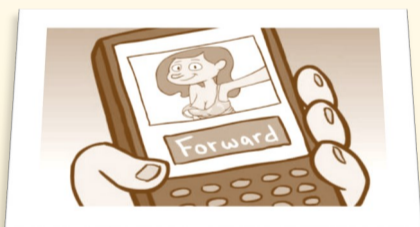
- Someone is sending nasty or abusive emails to you

- Someone is using online chat rooms to threaten you or say nasty things about you



- Someone is using social networking sites like Facebook and Twitter to write nasty and upsetting comments about you
- Someone is using social media to spread rumours about you

- Someone is sending abusive text messages or video message to you on your mobile phone



- Someone is sexting or sending sexual pictures or messages about you without your knowledge or consent

- Someone has stolen your account information to break into your account to send damaging messages to your friends



- Someone is posting horrible pictures of you online

- Someone has tricked you into sharing secrets and is spreading the information around



- You are being deliberately excluded (left out) from online social groups