



Connect with Respect



Office for
Internet Safety

An Oifig Sábháilteachta Idirlín

Connect with Respect

Cyberbullying: Key Advice

- Don't reply
- Keep the message
- Ask for help
- Block the sender
- Report problems

How I can help others...

- Help them to report
- Do not bully the bully
- Share know-how, e.g. screengrabs and privacy settings
- 'Leave', 'unfollow' and 'unlike' bullying
- Don't leave it to someone else to make a difference

**...but not put myself
at risk**

For more Information
www.internetsafety.ie