

# Sticks and stones may break my bones, but words can also hurt me. #KINDNESSWINS

(Wikimedia.org,2021)



1 in 5 young people between the ages of 10 to 15 have experienced some form of online bullying in the previous 12 months. (ONS,2020)

(Wikimedia.org,2021)



Being called names, sworn at and insulted are the most frequently experienced online bullying behaviour. (ONS,2020)

(Googleusercontent,2021)

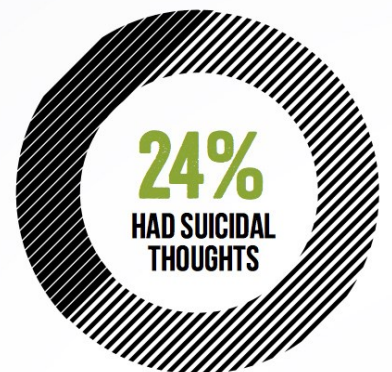


Nearly three out of four young people who experienced online bullying behaviour, experienced at least some of it at school or during school time. (ONS,2020)

Enter our competition to win an I-pad. All you need to do is show us on social media how you are helping to stamp out cyber-bullying in our school, use the #kindnesswins to be in with a chance!

## It's only a comment, what harm can it do?

Ditch the Label (2020) surveyed young people on the affects that cyber-bullying had on them



Report and block on social media. Take screenshots as this can be used for evidence if the bully has broken the law.

Talk to someone you trust and ask for help, like a friend, teacher or parent.

If you don't want to talk to someone you know, contact one of the confidential helplines below.

**What to do if you are being bullied online or at school**

Remember it is not your fault, you are amazing!

[Community.ditchthelabel.org](https://community.ditchthelabel.org)

National Bullying helpline: 0300 323 0169

Childline: 0800 1111

[Giveusashout.org](https://giveusashout.org) text SHOUT to 85258

Or anonymously contact our school bullying team by text on 07845 212300

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