

You are not alone

A message to anyone facing
online bullying and to those
who may be causing it

If you're being bullied online...

It can feel like the bullying never ends. Cruel comments. Humiliating posts. Being cut out of group chats. It's not just "drama." It's bullying and it's not okay.

You might feel scared to tell someone. Ashamed. Even convinced it's your fault. It's not. What's happening to you is wrong, and you deserve better. You are not weak for speaking out. You are strong and you are not alone.

**Need help? Visit our resource hub or
speak to a trusted adult**

Childline – 0800 1111 – childline.org.uk

The Mix – themix.org.uk

Ditch the Label – ditchthelabel.org

Report Harmful Content – reportharmfulcontent.com

What you can do

You don't have to face this by yourself. Here's how to start taking control:



Save it

Keep screenshots, messages, or links - they're proof.



Block them

Cut off their access to you.



Report it

Tell the app. Tell an adult. Make it stop.



Speak up

To a friend, teacher, parent.

You don't have to
handle this alone.
Speaking up is a
sign of strength,
not weakness.

Sometimes it feels like it'll never get better. But it does. And you will get through this, with help.

What if you're the one bullying?

Take a step back and ask yourself:

- **Have I ever sent messages or posted things I wouldn't say in real life?**
- **Did I keep going even after someone asked me to stop?**
- **Would I be okay if someone treated me the same way?**

If you've hurt someone, even if you thought it was "just a joke," it's never too late to stop and take responsibility.

You don't have to be the villain in someone's story. You can change the ending. Apologise. Learn from it. Grow into someone better.

An online insult can feel small in the moment, but its impact can be huge. Years later, you may regret the damage you caused.

Talk. Heal. Rise above.

Whether you're being bullied, witnessing it, or regretting your role in it, it's not too late to speak up.

- ➔ **You are stronger than you think.**
- ➔ **You are not what they say about you.**
- ➔ **You deserve respect and so does everyone else.**