



MOBILE PHONE SAFETY

- ❖ Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it.
- ❖ Talk to a trusted adult at home or at school.
- ❖ Don't reply to any nasty messages you receive.
- ❖ Don't reply to a text from someone you don't know.
- ❖ Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.
- ❖ Don't answer calls from withheld numbers or numbers you don't recognise, let it go to voicemail.
- ❖ Block numbers from people who are sending you nasty messages.
- ❖ If you are bullied repeatedly you can change your number.
- ❖ Don't give your mobile number to someone you don't know.
- ❖ Don't send pictures to someone you don't know.
- ❖ If the problem is serious you can report it to the police or Childline (Safety Net) <https://www.safety-net.org.uk/>

