

Using Social Media is fun if it is used properly. It is great to be able to check the status of your friends, look at their photos and get the latest news reports.

It can also be used to hurt others. Maybe you want to get back at someone who has hurt you. But posting unkind or negative information or spreading rumours about others is not the right way to solve problems. It is actually illegal to post information that seriously hurts others.

Always think carefully before you post something or send a text. Will it hurt someone? If the answer is YES, don't do it!



**If you are being  
bullied, tell someone  
you trust or call  
The Crisis Centre on  
328.0922 or 322.4999**

**We are here to help.  
You deserve to be  
safe.**



*Instagram*

The Crisis Centre offers free counselling to men, women, teenagers and children who are experiencing any form of abuse or family violence.



**Don't be a  
cyberbully!**



**The Crisis Centre  
24-Hour Hotline 328-0922  
PO Box EE- 17910  
Nassau, Bahamas  
[bahamascrisiscentre@yahoo.com](mailto:bahamascrisiscentre@yahoo.com)  
[www.bahamascrisiscentre.org](http://www.bahamascrisiscentre.org)**



Treat Everyone with Respect

Nobody should be unkind to others.

Stop and think before you say or do something that could hurt someone.

If you feel you want to be unkind to someone, particularly on the Internet, talk to an adult you trust. They can help you find ways to be nicer to others.

If you think you have bullied or been unkind to someone in the past, apologize.

There are things you can do if you are being bullied:

Look at the person bullying you and tell him or her firmly but calmly, to stop.

Sometimes, showing the person bullying you that you are not afraid of them, makes them stop.

If speaking up makes you feel unsafe, walk away. Don't fight back. Report the bullying to an adult.

What is cyber bullying and how you can protect yourself.

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online through Social Media or through text messages on phones or emails.

There are things you can do to protect yourself.

Always be careful about what you post. You never know what someone will post or forward to someone else. Being kind to others online will help to keep you safe.

Do not share anything that could hurt or embarrass anyone else.

Keep your password a secret from other people. Even people who you think are your friends could give your password away or use it in ways you don't want.



Don't allow friends to use your phone or tablet as they could post unkind things using your social media account.

Check to see who sees what you post online. Check your privacy settings so you can control who sees what you post. If you feel you are being cyberbullied report it to an adult you trust.



## WhatsApp

Do not hide your passwords from your parents. They want you to be safe and they need to know who your online friends are.

Do not talk to strangers online and NEVER, EVER agree to meet anyone you do not know. Always let your parents know where you are going and who you are going to meet.

**STAY SAFE!**