

- If you are thinking about posting a picture of yourself, it is important to consider the type of picture and the kind of attention it might attract. Also be aware that photos can easily be copied, changed and used elsewhere, and can potentially stay online for ever.
- There's no need to keep friendships secret. If somebody asks you to keep an online friendship secret, you should tell an adult who you trust straight away.
- You can stop talking to someone in a chat room any time you want to.

## Dealing with bullies

A mobile phone is great for staying in touch with friends and family. The trouble is that they are sometimes used by bullies to make upsetting phone calls, post comments or send nasty or threatening text messages, or picture messages online.

Some messages are sent to the bully's victims and some are sent to other people as a way of spreading malicious stories.

If your child is being repeatedly bullied, you can ask us to change their phone number. Please call our customer service department for more information.



See page 27.

## Talking points

Some advice you might like to pass on to your children about dealing with bullies:

- Keep your mobile with you when you're out. You don't want people to be able to see your number if you're not around.
- Leave your name off your voicemail message, so bullies won't be certain who it is they're calling.
- You don't have to reply to any text or picture messages you don't like, but make sure you show them to someone you trust. If possible, show them to a parent or guardian, but if you don't want to do that, show them to a teacher at school or to your best friend.
- Keep a note of the times and dates of any bullying or abusive messages, and remember to keep the message itself.
- It's not a good idea to send a message to someone when you're upset. Wait until you've calmed down and had time to think.
- Try turning your phone off sometimes. It doesn't have to be on all the time.