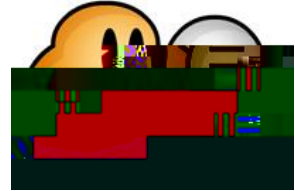




## Cyberbullying

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- If you receive a message that is bullying you:
  - STOP by not replying
  - BLOCK the person or message and
  - TELL someone you trust that it is happening.



Save screenshots of any bullying messages in a folder so you can show an adult if you need to. If something is happening, it is never too late to tell someone.

- When communicating with others, be polite and responsible. Be the same friend online as you are in person and think about the effect your post will have on other people.
- Do tell an adult if you see any of your friends being bullied.

## Passwords and Email

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- Never share or tell anyone your passwords, not even to your friends. Try to use passwords that are hard for others to guess. They should be at least eight characters long using a mix of letters, numbers or symbols.
- It is important to remember that if you receive an email from someone you do not know, do not click on any links or download any attachments.



## Help and Reporting

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Reporting at School: [online@bromsgrove-school.co.uk](mailto:online@bromsgrove-school.co.uk)  
CEOP <https://www.ceop.police.uk/ceop-reporting/>  
UK Safer internet centre <https://saferinternet.org.uk/>  
Childline <https://www.childline.org.uk/>