

# If You're Worried....



If you are worried about cyberbullying, there are lots of good sources of advice online:

- [www.childline.org.uk](http://www.childline.org.uk)
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [www.bullying.co.uk/cyberbullying](http://www.bullying.co.uk/cyberbullying)
- [www.safekids.com/tips-to-stop-cyberbullying](http://www.safekids.com/tips-to-stop-cyberbullying)
- [www.childnet.com/young-people](http://www.childnet.com/young-people)

If you want to talk to somebody about cyberbullying, then you can call Childline anytime, on 0800 1111

