

# IF YOU SEE UNKIND MESSAGES OR BULLYING IN A GROUP CHAT YOU CAN...



**STOP**

**Don't reply. If the unkind messages are about someone else, don't join in. If you respond, sometimes it can make it worse. When you stop, it allows you time to make a better choice.**

**If you receive unkind or unwanted messages you can block the person who is sending them.**

**When you block someone, this stops them from sending you any more messages.**

**BLOCK**

**SCREENSHOT**

**You can take a screenshot of the unkind messages in the group chat and show it to a trusted adult.**

**If anything happens in a group chat that you feel worried about, you can take a screenshot and talk to a trusted adult about it.**

**If you're in a group chat and other people are sending unkind messages, or saying things that you don't like, you can make the choice to exit the group.**

**EXIT**