

# *Gaelscoil an Inbhir Mhóir*

## *Mobile Phone Anti-Bullying Tips*

*(Protect Yourself From Cyberbullying By Mobile Phone)*

### **Useful tips to help prevent cyberbullying by mobile phone**

- Always use a password to open your phone for use and tell nobody the password except your parents or guardians.
- Keep your phone number secret from anyone who cannot be totally trusted.
- Never pass someone's phone number on to a third party.
- Do not send pictures of yourself or others or personal messages by phone to anyone who cannot be totally trusted not to pass them on to someone else, someone who may be friendly with them but not with you.

*If someone gets your phone number and starts making unwelcome calls or sending unwelcome messages or pictures to you, no matter how annoyed or upset you are do not reply, do not delete the pictures or messages and do not remove a record of the calls from your phone's log. Instead, tell a parent, a teacher or other adult you trust. Then do the following:*

### **To block a texter from sending you unwanted text messages or pictures**

**O2:** Text "BLOCK IT START" (in capital letters) to 50216 and follow the instructions you are given to block the number.

**Eir/Meteor:** Call on 1747 (pay as you go) or 1905 (bill pay) and give the number you want blocked. The company will then block the number.

**Vodafone:** Contact the Gardaí and they will contact Vodafone, which will then block the number

**Three:** Contact the Gardaí and they will contact 3, which will then block the number.

**Tesco:** Call 4455 and give the number you want blocked. The company will then block the number.

### **To block a phone number that is used to send you unwanted phone calls, whether anonymous or not**

- (a) Keep a record of the times and dates of the calls (do not delete them from your phone's "call log"), whether you recognise the phone number or not.
- (b) If your phone is off or on silent and any audio message is left do not delete this message either.
- (c) Contact the Gardaí and give them the details of times and dates of calls and any audio messages left.
- (d) They can then contact the service provider and have the number blocked as well as, if necessary, dealing with the sender.