




Child Online Protection

CYBERBULLYING & SAFE POSTING

Think before you post! Be careful when posting pictures and videos of yourself and others online.

 A video or picture once uploaded, can be shared, downloaded, viewed everywhere and cannot be easily removed from the internet- it's not just yours anymore.

 Only share positive messages online and don't spread rumors about others. Spread love, not gossip.



 You don't have to talk to anyone who is being mean or making you feel uncomfortable. If you are a victim to cyberbullying, use your phone's settings to block and report perpetrators.

 If you wouldn't say it to someone's face, don't say it online. Stop cyberbullying!

For more information on Child Online Protection contact LifeLine/ChildLine Namibia on the Toll Free number 116 or visit www.lifelinechildline.org.na.

