



**BullyingUK**

Part of **family lives**

***What if the joke was on you?***

**Cyberbullying is no joke! Once you post, there is no way back, so think twice before you send.**



*Through life's ups and downs,  
**we're with you, all the way***

[www.bullying.co.uk](http://www.bullying.co.uk)

0808 800 2222

the Ben Cohen  
**STANDUP**  
FOUNDATION

Developed in partnership with The Ben Cohen Stand Up Foundation. © Family Lives | Reg company number: 3817762 | Reg charity number: 1077722

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