**What to do if you're being bullied on a social network**

**Bullying on Facebook, Twitter, YouTube, WhatsApp, Instagram and Snapchat**

With the increase of social networking sites, online activity and messaging apps, cyberbullying is on the increase. In a survey by [Ditch the Label](http://www.ditchthelabel.org/the-wireless-report-2014/), 47% of young people who took the survey have received nasty profile comments and 62% have been sent nasty private messages via smartphone apps. This is very worrying as it shows how cyber bullying is on the increase.

Most of the apps and social networking sites are for people aged 13 and over. They also state that bullying, abusive behaviours which includes harassment, impersonation and identity theft are banned and not allowed. However, results from our [national bullying survey](https://www.bullying.co.uk/anti-bullying-week/bullying-uk-national-survey-2014/), shows 91% of people who reported cyber bullying said that no action was taken. This can leave users feeling vulnerable and knock their [self-esteem](https://familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/).

A general rule when making a complaint about being bullied online is to copy the terms and conditions which have been breached and take a screenshot of the comment or photo as evidence. This may prompt any of these sites and apps to take action as you have shown them their obligation to investigate and take appropriate action.

**How to report bullying or abuse on social media**

**Facebook**

Facebook does not tolerate bullying and say they will remove bullying content when they become aware of it and may disable the account of anyone who bullies or attacks another. You can report bullying on Facebook using the report links which appear near the content itself, normally on a drop down arrow which gives you menu option to report the image, post or comment.

## ****Twitter****

If you receive a tweet or reply that you don't like, you can unfollow that person. If they continue to contact you, you can block the user (just click on the head icon on their profile and select block user). You may find that as they are unable to get through to you, they will lose interest. However, if this is not the case and you continue to receive unwanted replies, abuse or threats, you can report it toTwitter directly. If you know a [friend or family member is being abused on Twitter](https://support.twitter.com/articles/20170516), they have advice pages that can help with step by step help.

## ****YouTube****

You have every right to use YouTube without fear of being subjected to bullying or harassment. To flag a video you think is inappropriate (click on the little flag bottom right of the video) and YouTube will take a look at it to see whether it breaks their terms of use. If it does then they will remove it. YouTube rules say you can't upload videos with hate content, nudity or graphic violence and if you find one on someone else's space, click on the video to flag it as inappropriate. If under comments, you are being bullied, harassed or threats are being made, they have a [reporting tool page](https://www.youtube.com/reportabuse) where you can report the bullying and they will investigate.