

Messaging

- Before sending a TXT, PXT or Video-PXT ask yourself if you would be happy to receive a message like that. If the answer is no, don't send it.
- If someone took a PXT or Video-PXT of you without your knowledge, you might be upset. Don't do it to someone else.
- If you want to forward or post online a PXT or Video-PXT of someone else, check it out with them first.
- Don't use language or pictures that might upset or offend people.

Want more info?

For more information on TXT, PXT, Video-PXT and online safety, check out www.netsafe.org.nz or www.vodafone.co.nz (under About Vodafone, Responsible Mobile Use). Or you can call NetSafe or Vodafone on the numbers below.

* PXT is a registered Vodafone trademark.

netsafe

www.netsafe.org.nz

(0508 638 723)



vodafone

(0800 800 021)

~~TXT
BULLY~~

If someone is
picking on you
via your mobile
or online,
call NetSafe on
0508 NETSAFE and
(638 723)
they'll help you out.

How to get the bully off your back

It may not feel like it, but there are loads of things you can do to help stop and prevent text and online bullying.

You are not alone

Firstly, don't feel you have to deal with it by yourself – tell your friends and parents or call toll-free **0508 NETSAFE (0508 638 723)**. They're a New Zealand organisation helping to keep you safe, and they're friendly and easy to talk to.

What can Vodafone do?

If necessary there are a number of things Vodafone can do to help, like warning the bully, stopping texting from their account, temporarily barring their account or even permanently deactivating their account from our network. We can do it, so give us a call if you need to.

Two key suggestions to help stop TXT bullying

1. Be super careful about who you give out your number to (and don't give it to people you don't know).
2. If you get a TXT from an unknown number or unwanted TXTs, don't reply.

Adults can help... they really can!

If there's a problem with someone constantly sending you messages that upset or offend you, tell your parents or a trusted adult. Together, you should be able to work out how to deal with a problem before it gets out of hand.

What can you do?

- Think carefully before giving out your personal details via mobile or online to anyone you don't know (and don't give out someone else's details without asking them first).
- If you get a TXT or PXT* that makes you feel uncomfortable, don't reply.
- If you regularly get TXTs or PXTs that upset you, tell someone you trust. If they are threatening take the message to the police.
- Call Vodafone free on **777** from your mobile with the message details. Remember don't reply to a threatening or harassing message.
- If you use TXT chat, remember people may not be who they say they are.
- Once you have your chat nickname, that's all other chatters will see. They can only find out your mobile number and personal details if you tell them.
- Remember when you choose a chat nickname that people may judge what kind of person you are by the 'tone' of that name.
- If you are TXT chatting and get into conversations or receive messages you're uncomfortable with, you can send the **IGNORE** command to **220** to stop receiving TXT chat messages from that chatter.