

**E-Safety is the best way to upset people on the internet; you can receive horrible emails with so much rude content. You need to block the emails to avoid any mischief and report it to the Police. Cyber-Bullying is a bad cause of bullying but no physical contact is made. It is used verbally and can still upset you but with advice like ChildLine, it could get sorted out.**

**<http://www.kidsmart.org.uk/beingsmart/>**