

CYBERBULLYING

Traditional bullying has always been a huge problem and a very gloomy part of growing up, but nowhere as destructive and inescapable as cyberbullying. While traditional bullying is generally limited to school, cyberbullying can take place anywhere, anytime and potentially witnessed by millions of young people.

7 out of 10 young people reported being bullied online; 37% of these experienced online bullying frequently, and 20% said they experienced extreme Internet bullying daily.

The constant hounding of vicious words and threats has devastating effects on the victim. It can impact on their self-esteem, emotional wellbeing, education and life outside of school.

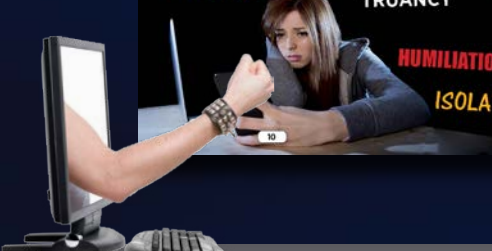
They may feel self-conscious, embarrassed, scared, sad or overwhelmed, and find it difficult to sleep or eat.

44% of young people who have been bullied experience depression, 41% experience social anxiety, and 33% have suicidal thoughts. Over 200 schoolchildren die by suicide every year in the UK.

We know how damaging cyberbullying can be and preventing it involves understanding just what cyberbullying is, examples of cyberbullying in action, how to stay safe, how to deal with the trauma and the importance of not suffering in silence.



A diverse group of eight young adults, four men and four women of various ethnicities, are standing behind a large white banner. They are all smiling and raising their hands in a celebratory gesture. The banner has the text "SOME PAGES OF THE BOOK" written in large, bold, red capital letters. The background is a vibrant blue with white geometric patterns, including lines and circles, suggesting a digital or networked environment. The overall mood is positive and energetic.

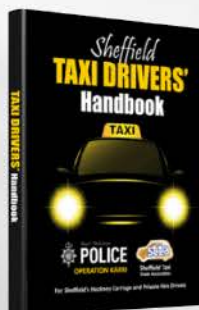




C5 CONSULTANCY PRODUCTS

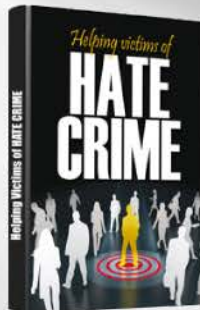
POCKET SIZED BOOKS

Taxi Drivers' Handbook



A comprehensive book covering every aspect of community safety, produced to help taxi drivers stay vigilant and promote safety when on the streets.

Helping Victims of Hate Crime



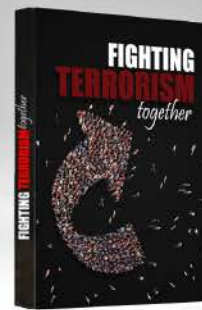
An essential book which helps and supports victims of Hate Crime and provides valuable information on all aspects of keeping safe, importance of reporting and much more.

Helping our Communities Stay Safe



A must-have book covering all aspects of community safety, including; personal safety, home security, anti-social behaviour, terrorism, road rage, drugs, alcohol and much more.

Fighting Terrorism Together



Designed to encourage communities in the fight against radicalization, violent extremism and terrorism. A book produced to promote the PREVENT strategy.

Our books have been produced for many police forces, housing associations and councils, including The Met, Police Force of Northern Ireland, 3 of the 4 police forces in Wales and many others around the country. The feedback on the books has been extremely positive, with frequent reorders coming in.

Most of these titles have already been adapted for Wales, Scotland and Northern Ireland.

Others are currently being adapted and will be available to order soon.



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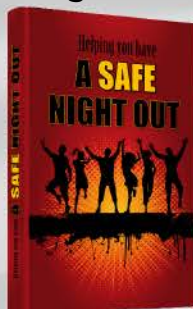
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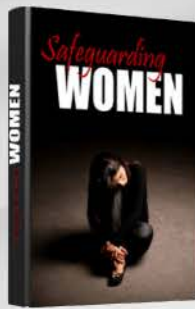
www.c5consultancy.co.uk

Helping You Have a Safe Night Out



An essential book helping the youth stay safe at all times specially when enjoying an evening out with friends. An easy to read and very user-friendly book covering all potential risks faced by the youth today.

Safeguarding Women



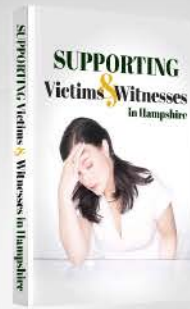
An indispensable book empowering & supporting women, protecting them from the dangers of domestic abuse, rape, honour violence & forced marriage.

Cyberbullying



A superbly designed youth user-friendly book covering all aspects of cyberbullying including sexting, online grooming, social networking, abusing personal info etc.

Supporting Victims & Witnesses



An indispensable book produced to help victims and witnesses through various stages from reporting a crime to appearing in court and support available, including restorative justice.

PDF OF THE BOOKS



Electronic interactive flip PDF of the books for use on your website. Similar to this catalogue.

TACKLING YOUTH CRIME POSTER

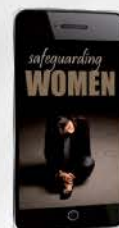


A poster designed to address the mindset of the youth by helping them make better choices, and avoid getting into those situations which may lead to a life of crime.

SMARTPHONE APPS



An interactive APP version of the book. Reporting HATE CRIME is now only a click away.



An interactive APP version of the book. Reporting ABUSE is now only a click away.

PLEASE SEE OUR INTERACTIVE CATALOGUE BY GOING TO:

<http://c5consultancy.co.uk/NewsLetter/index.html>