

Cyber Bullying Tips

Staying Safe from Cyber Bullying

- Remember that people on the internet lie about who they are.
- Keep personal information private, and people can't use it against you.
- Be careful that you're not acting like a bully.
- Don't go to sites where people treat you badly.

If You're Cyber Bullied

- Think, don't react! Reacting hurts you and gives bullies what they want.
- Don't open or read messages from bullies.
- Remember you have a Cyber Bullying plan. Figure out what's best to do.
- Tell a trusted adult if you think it's best or if your plan isn't working.
- Save the evidence.

Cyber Bullying Plan

- Stay Calm.
- Stop the activity or ignore the bully.
- Block the bully.
- Tell the bully to stop. Don't be a bully or make threats when you do.
- Tell a trusted adult. Keep telling them until they take action.
- If you know who is the bully, ask your parents to send copies of the bullying to his or her parents. Politely ask them to stop it.
- Report bullying to the website involved, your service provider or cell phone company.
- Change your user identity or cell number and visit different sites where you are not bullied. Let only your trusted friends know you've changed.
- If the bully is making serious threats, notify the police.

Help Your Friends

- When you see posts bullying someone, tell the bully to stop. Remind them that bullying isn't cool.
- Offer your friendship and support to people who are bullied.
- If the bullying doesn't stop, tell a trusted adult before it gets out of hand.