



Say NO TO Cyberbullying



It's important to know how to deal with cyberbullying and how to help others if they need support.

1. Do not respond

A cyberbully will often bully online for attention or a response from the victim, so if the cyberbully is unable to get a reaction from you, they are more than likely going to stop.

2. Save the evidence

It is important to save the evidence of any cyberbullying to make it easier to report. Typically everything that we post online is never properly deleted; however, if you want to report this to a parent or teacher, it is best to print screen the cyberbullying because it is unlikely that they have access to obtain the deleted information.

3. Report it

You can instantly report cyberbullying to the relevant social media platform. This may result in the cyberbully receiving a warning or getting a temporary or permanent ban from that platform.



4. Block the bully

Because reporting the cyberbullying can take some time, it is crucial that you then block the bully so that they can no longer communicate with you and so that you can't see the hurtful comments.

5. Tell a trusted adult

A trusted adult will be able to support you if you're being cyberbullied. A few examples could be your parents, teacher or school counsellor.



6. Model good online behaviour

Have a positive impact online and support others; keep your personal details safe and use social media for its intended purpose.

