



# SAY NO TO CYBERBULLYING!

## NEVER RESPOND!

Never reply to nasty messages, or retaliate by doing the same thing back. It's always best to ignore bullies.

## SCREENSHOT!

If you can, take screenshots of any cyberbullying and keep record of it on your device.

## BLOCK & REPORT!

Make sure you block and report cyberbullies so their accounts can be removed. This helps stop them bullying you and others.

## TALK ABOUT IT!

Talking to someone about cyberbullying can help you seek support, document evidence and may lift a huge weight from your shoulders.

## BE PRIVATE!

It's often a good idea to keep your social media accounts private and avoid meeting people you don't know offline.

## SYMPATHISE!

Remember, happy and secure people do not bully others. Bullies are often going through a difficult time themselves. This doesn't make bullying ok, but bullying is never your fault!