S T O P

NOW

Don't be part of the problem!

Be part of the solution!

Cyberbullying

Treat others as you would like to be treated when socialising online

|  |  |
| --- | --- |
| **It can include:** | How do I deal with it? |
| * abusive texts and emails * posting unkind message or images * imitating others online * excluding others online * inapproriate image tagging * inappropriate discussions | * don’t retaliate or respond, no matter how tempting * block the person doing the bullying and change your privacy settings * report it - click the report abuse button * collect the evidence - keep mobile phone messages and print emails or social networking conversations * talk to someone you trust, like a family member or friend |

**What do you do if your friend is being bullied online?**

* don’t forward messages or pictures
* though you may not have started it, you will become part of the cyberbullying cycle
* stand up and speak out - tell a trusted adult
* support your friend and report the bullying