

Cyberbullying

- A **Bully** is a person who wants to harm or scare someone.
- **Cyberbullying** is the use of electronic communication to bully someone.
- Cyberbullying may include threats or trying to put someone down.
- The best approach to cyberbullying is to ignore the messages. Do not respond or say something mean back. Some cyberbullies want you to say something back. If you ignore their messages, they might leave you alone.
- If ignoring the negative messages does not work, you can try asking the person to stop. Only do this if you are comfortable talking to the cyberbully.
- Block a cyberbully. Social media sites and applications will have this option.
- Many sites and apps also offer options to report a person for cyberbullying (Connect Safely, 2020).
- Ask a trusted family member or friend for support reporting or blocking a cyberbully.
- It is **NOT** your fault you are being cyberbullied. You do not deserve to be treated that way. You deserve to feel safe. Everyone has the right to live in a safe place.

References

Connect Safely. (2020, December 12). Tips to Help Stop Cyberbullying.
ConnectSafely. <https://www.connectsafely.org/tips-to-help-stop-cyberbullying>