

CYBERBULLYING

10 Practical Strategies To Standing Up To Bullying Online

Cyberbullying can happen to anyone, but you can take these actions to protect yourself and others.

1. Speak Up

Tell someone you trust. It may be difficult to talk about, but getting support can help put an end to the issue.

2. Do Not Engage

If someone is attempting to provoke you online, avoid responding. Many cyberbullies seek a reaction—if they don't get one, they may lose interest and stop.

3. Avoid Retaliation

Responding with hostility only fuels the situation and could even land you in trouble. Instead, remain calm and seek support from a trusted adult.

4. Ask Them to Stop

If ignoring the behaviour doesn't work, politely but firmly tell the person to stop. Respectfully make it clear that their actions are unacceptable.

5. Stay Light-Hearted

Sometimes people tease without realising they have crossed a line. If this is a one-off comment, feel free to laugh it off. However, if it continues or feels hurtful, use other strategies from this guide.

6. Keep a Record

Save messages, emails, screenshots, or any other evidence of cyberbullying. If the situation escalates, having proof will help when reporting it to a responsible authority.

How To Respond To CYBERBULLYING

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7. Block the Bully

Many social media platforms and mobile devices allow you to block users who are bothering you. Use these tools to prevent unwanted messages and reduce their ability to contact you.

8. Report the Abuse

If the bullying is happening on a social media platform, report it through the site's complaint system. Most online platforms take harassment seriously and have policies to address such behaviour.

9. Do Not Share Harmful Content

If you receive a message, image, or video meant to embarrass or hurt someone, do not forward it. By refusing to participate, you help stop the spread of cyberbullying.

10. Seek Help from Authorities – If you or someone else is in immediate danger or receiving serious threats, report it to the police. Always involve an adult when safety is at risk.