

## **Tips for Dealing with Cyberbullying**

If you're being cyberbullied, don't ignore it or keep it a secret. Tell someone what's going on. If the first person you talk to doesn't help, don't give up. Try talking to someone else. And if you see cyberbullying going on, report it and offer your support.

### **Here are some more tips for dealing with cyberbullying:**

- Don't post personal information online - like your address, your email address or mobile number. Keep personal information as general as possible.
- Save and print out any bullying messages, posts, pictures or videos you receive or see.
- Never respond or retaliate, as this can just make things worse.
- Block any users that send you nasty messages.
- Make a note of the dates and times of bullying messages, along with any details you have about the sender's ID and the URL. Keep a diary of everything that's happening.
- Never let anyone have access to your passwords. Check the privacy settings on accounts like Facebook and make sure you know how to keep your personal information private.
- Think very carefully before posting photos of yourself online. Once your picture is online, anyone can download it and share it or even change it.
- Don't pass on cyberbullying videos or messages about other people.
- Don't ignore it. If you see cyberbullying going on, report it and offer your support.
- If you're being bullied repeatedly, think about changing your user ID, nickname or profile to stop the bullies finding you.
- Always report anything abusive you see online to the site concerned. Flag it, report it, or talk to someone about it.
- You may want to consider marking your photos as private, so that only your friends can view the pictures. On CyberMentors and on other sites, you can set your photos to be seen only by either registered users or friends.
- If someone wants to keep their chats with you a secret, or tells you anything that's a "secret", tell an adult what's happening.
- Google yourself every now and again. It will show you what is online about you and what others can see and you can make changes if you don't like what you see.