BE A CYBER-HERO!
Not a Cyberbully!

Online bullying is quite common but that doesn't make it OK. You definitely shouldn't have to live with bullying in any form, even online.

Read through this list and tick off which Cyber Powers you have to beat those villainous online bullies.

If you see someone being bullied online BE A CYBER HERO and talk to them about this checklist so they can get help.

- ☐ **BE YOURSELF** - You are not the problem and don't let them change you.

- ☐ Remember, **YOU ARE NOT ALONE** - Many people experience and overcome bullying.

- ☐ The earlier you **TELL AN ADULT YOU TRUST** the better - this could be a teacher, parent/carer social worker or family member.

- ☐ **DON'T RESPOND** or retaliate - sometimes a reaction is exactly what bullies are looking for.

- ☐ Take **SCREENSHOTS** of any nasty messages or comments sent over text or social media, then delete the message. This means you have evidence of what the bully has sent.

- ☐ **PROTECT YOUR ACCOUNTS** with long, strong passwords. Don't share your passwords with anyone, even best friends.

- ☐ Control who sees what you post online with your **PRIVACY SETTINGS.**

- ☐ If the bully is **THREATENING** you, you should report them to the police.

- ☐ **BLOCK, REPORT** and **DELETE** the bully.

- ☐ Take a **BREAK** from your phone and computer; spend some time doing things you enjoy.

Learn how to **BLOCK & REPORT** someone at **oursafetycentre.com**