



KNOW THE STEPS TO STOP CYBER- BULLYING!

S

Stop

- Don't respond
- Don't post back
- Don't tweet back
- Once you respond, you make it a conversation

C

Copy

- Copy and paste the words into a document
- E-mail to yourself so you don't lose the information
- Don't wait to show someone, words can be taken down as fast as they are put up

B

Block

- Block the person from your account
- Don't engage or respond in writing
- If they know you can see their words, they will keep doing it because they have power over you

T

Tell

- Talk to an adult (parent, school, community)
- Talk to your friends (support and lift you up)
- If it does not stop, get help