You Can Stop Cyberbullying As A Kid!

As a kid using the internet, you've probably heard of cyberbullying. Maybe you or a friend has experienced it. Don't be a bystander. You can do something about it! Here are some tips about how you and your friends can #takeaction when cyberbullies strike:

Break the Bully Cycle

If you know the cyberbully, tell them to knock it off. Tell them they are being a bully and that isn't cool.

If you see cyberbullying happen, break the cycle: don't forward on bullying messages, don't add emojis on bullying posts, don't gossip about it IRL with your friends. Don't encourage cyberbullying, break the cycle!

Let the person being bullied know that they are not alone! Tell them you have their back. Send a supportive text or message.

Collect Evidence

Be a bullying detective! Save images or messages related to the cyberbullying. Take screenshots or screen-record videos. This is evidence of cyberbullying. Show your findings to parents, teachers, or other trusted adults.

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Report

The best way to stop cyberbullying is to report it! Report incidents of cyberbullying to your school and your parents. Also, report the situation to the app, game, or website being used.

Your school likely has a way for you to report bullying anonymously. Apps, games, and websites have options for anonymous reporting, too. This means no one will know it was you who reported the bullying.

Positivity Balloon

Take on cyberbullying with the force of positivity! Work together with your friends to create a positivity balloon online. Fill their walls and messages with positivity. Remember, there is strength in numbers! There is strength in positivity – it might seem like cyberbullies have all the power, but you and your friends have more power in your positivity!

Posts are Ghosts

Think about everything you post or say online, because it can live forever. Posts are like ghosts, you don't want what you say to haunt you. This is true even for apps that automatically delete posts, like Snap. Someone who sees it can screenshot or screen-record what you post.