



# STOPPING CYBERBULLYING TIP SHEET FOR STUDENTS

Here are some ways you can help end cyberbullying.

## DO YOU KNOW SOMEONE WHO IS BEING CYBERBULLIED?

- Support them by reminding them they don't deserve it.
- Encourage them to tell an adult who they trust.
- Include them in activities to help take their mind off it.
- Delete messages or pictures you receive that might hurt or embarrass others.
- Stand UP! Let others know it's NOT OK and ask them to stop cyberbullying.

## ARE YOU BEING CYBERBULLIED?

- Remember, it's not your fault. You have the right to be treated with respect.
- Tell them to stop. Ask the person to remove any mean messages or images posted about you.
- Document it. Screenshot hurtful messages in case someone deletes them from the website.
- Talk to an adult you trust, like a parent or a teacher.
- Stay calm. Don't reply by being mean yourself.
- Report it. If you want to report what happened, ask a trusted adult to help you.

## HAVE YOU BEEN CYBERBULLYING OTHERS?

- Imagine yourself in their shoes and how you would feel.
- Show courage by admitting what you did was wrong and not okay anytime.
- Treat everyone with respect, both face-to-face and online.
- Remove any hurtful, embarrassing, or threatening messages.
- Apologize sincerely to anyone you have hurt.