

PARENTING IN PICTURES



How to stop cyberbullying – in pictures

Cyberbullying is never OK



Cyberbullying is never OK. Stop cyberbullying with this illustrated guide, and read more about <u>bullying</u> and <u>cyberbullying</u>.

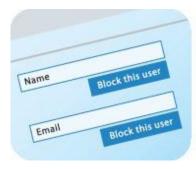


The best thing to do about cyberbullying is to tell someone.



It's normal to feel upset, angry and confused. Use the **G.E.T. R.I.D.** steps to stop cyberbullying.

G.E.T.R.I.D. of cyberbullying: first steps



Go block or delete the person engaging in cyberbullying. This helps stop the bully from posting or uploading offensive content.



Ensure you keep evidence of the bullying. Save and print out any bullying messages. Save text messages.



THANKS FOR TELLING

Tell a trusted adult or friend.

G.E.T.R.I.D. of cyberbullying: next steps



Report abuse. Click the 'report abuse' link. If the messages are threatening, talk to local police.



Initiate control. To break the cyberbullying cycle, choose not to respond aggressively or seek revenge.



Delete online messages (after saving copies). **D**on't forward text messages to others as they might forward them too.