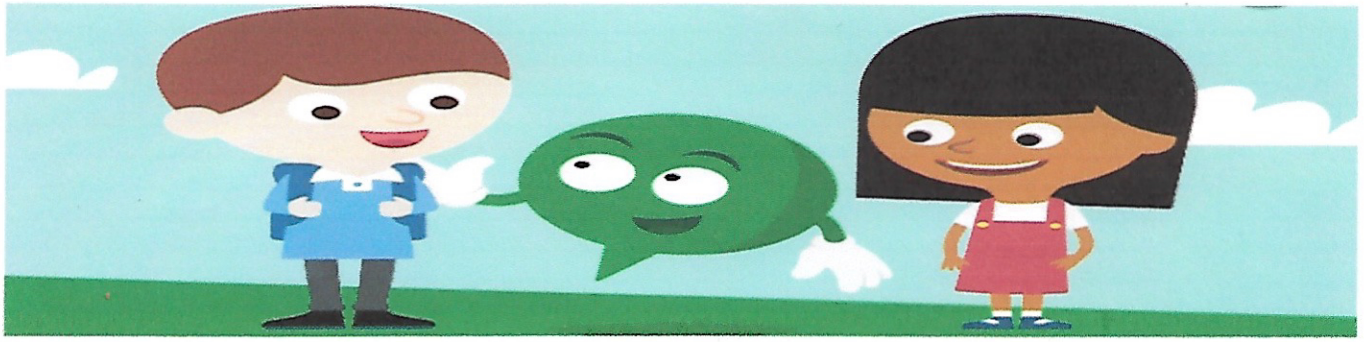


# Cyberbullying



Bullying can really hurt a persons feeling and make them feel very sad. Cyberbullying is the same as bullying but it is done by people you know or strangers you come across online.

Below I have listed "Tips to prevent cyberbullying", "Tips to deal with cyberbullying" and "who to speak to should it happen to you"

## Tip to prevent cyberbullying



Always speak to your parents about what you do online. and speak about Internet safety.

Ref: [internetmatters.org](http://internetmatters.org)



Always be kind, positive and respectful when online. This is key to Internet safety.



Always make sure you talk or report any cyberbullying that happens to you or Someone else.

## Tip to deal with cyberbullying



Always make sure you talk to parents about anything you find upsetting online.



**Never retaliate -**  
Do not reply or say mean things back to bully as this can make the Situation worse.



**Save any evidence -**  
Always try to save to save any messages Photos or screen shots of any online bullying as proof to show your parents or trusted adult.





**Speak to you parent -**  
Explore games and apps With your parents find And find the block and report button and understand what they do.

Ref: [internetmatter.org](http://internetmatter.org)

### WANT MORE HELP?

For more information visit: [internetmatters.org/issues/cyberbullying](http://internetmatters.org/issues/cyberbullying)

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