

10 tips for children or young people to stand up to cyber bullying



National
Centre
Against
Bullying

While we don't recommend confronting bullies face to face, cyber bullying allows us to combat bullying in a different way. You can stand up to cyber bullying when you see it.

These tips will give you ideas of what you can do when you witness cyber bullying or are bullied.

If it's happening to you

1. Report to school

If the person being cyber bullied is someone from your school, report it to your school. They may have a procedure in place to deal with cyber bullying that you aren't aware of.

2. Collect evidence

Take a screenshot, save the image or message, or screen-record what you see. It will be easier for an adult to help if they can see—and have proof of— exactly what was being said.

3. Report to site/app/game

Lots of apps and games provide easy tools to report violations. Don't hesitate to report it; they will protect your identity and not "out" you.

4. Talk to a trusted adult

Have an adult you can trust and count on to help when you (or a friend) experience something negative online. This could be a parent, teacher, counselor, coach, or family friend.

If it's happening to a friend

5. They're not alone

Show the person being cyber bullied that they are not alone. Send them an encouraging text or snap or just let them know you have their back.

6. Work together

Gather your other friends if someone you know is being cyber bullied. Post kind comments on their wall or under a photo they've posted. Encourage others to help report the harm. There is strength in numbers.

7. Tell the bully to stop

If you know the person who is doing the cyber bullying, tell them to stop it. Explain that it's not cool to be mean. But say something—if you remain silent, you are basically telling them that it is ok to do it.

8. Don't encourage it

If you see cyber bullying happening, don't support it in any way. Don't forward it, don't add emojis in the comments, don't gossip about it with your friends, and don't stand on the sidelines.

9. Stay safe

Don't put yourself in harm's way. When your emotions are running high, resist posting something that may escalate the situation. Don't hang out online where most people are cruel. Never physically threaten others.

10. Don't give up

Think creatively about what can be done to stop cyber bullying. Brainstorm with others and use everyone's talents to do something epic!