

If You're a Victim of Cyberbullying...

*Talk to a trusted friend/relative/teacher.

*Block instant messages and emails--use available technology to help. Many social media apps and services allow you to block the person.

*Keep the upsetting emails or messages to help to identify the bully.

*Don't reply. That's what the bully wants.

*Know that it's not your fault.

*If you're receiving threats of physical harm, report it to the local police and school authorities. Use parents, guardians or school personnel for assistance.

*Don't share passwords or private account information with anybody.

*Take a break from technology. Enjoy some down time.

*Get a new phone number if you are being harassed on your phone.