

# STOP CYBERBULLYING



**IF YOU EXPERIENCE OR WITNESS CYBERBULLYING:**

## TAKE STOCK

- Don't respond right away.
- Record (take a picture or screen shot of the evidence).



## BLOCK

- Unfriend, unfollow, or leave the site.

## TALK

- Talk to all parties involved IRL (in real life).
- Talk to a trusted adult.



**IT'S EASY TO BE AN UPSTANDER TO BULLYING TOO!**



1. Give comfort to the target.
2. Tell the bully to stop.
3. Tell a trusted adult or report to site where bullying happened.

**YOU CAN PUT AN END TO BULLYING!**

Visit [www.cybercivics.com](http://www.cybercivics.com) or [www.cyberwise.org](http://www.cyberwise.org)  
email us at [support@cybercivics.com](mailto:support@cybercivics.com)