

How to deal with cyberbullying

Talk to someone you trust (a teacher, a parent, a friend). Speaking up might be difficult sometimes. However, someone you trust could really help. Describe what happened and how that made you feel. If you feel confident, you could also send the messages to your trusted person so that you can keep a record of them without necessarily reading them yourself.

Collect evidence and report it. You can report it to your school, or report it on the site/app you are using. If you feel like you are being threatened or abused, report it to the police. If you don't feel confident to report by yourself, you could ask a friend to support you.

How to prevent cyberbullying and use the internet safely

When possible, you could try not responding to the aggressor as this might be what they are looking for and responding to them might make them continue. Instead, you could block the sender.

You could use your privacy settings on each device or app you are using, to make sure you are in control of who can contact and interact with you and who can view your contents. Before you post, it might also be helpful to pause and think twice about what you will share and send. Once it is out there, you cannot change it anymore and everyone can see it. Remind yourself you cannot control how others will respond.

Keep in mind that a social media post is not as worth as you are! Sometimes we feel pressured because we would like to be popular and liked online. However, this does not influence your worthiness, and it might be best to have a few good friends that actually appreciate you the way you are rather than having many followers who only know little about you.

Can you think of how you would deal with cyberbullying?

A large, empty, rounded rectangular box with a pink border, designed for writing an answer to the question above. The box has a speech bubble-like tail on the left side, pointing towards the question.