

If you are being cyberbullied wth threats, abuse, sharing of embarrassing information or just being ignored -

- Talk to a parent, guardian or another trusted adult.
- Ignore the bullies if it's not too serious. They are often just out for a reaction.
- · Block or 'unfriend' them.
- Report them to the site they are on.
- Take screen shots for evidence.
- Maybe come off social media for a bit.

And don't be a cyberbully yourself.
Your words can hurt too.



unicef for every child