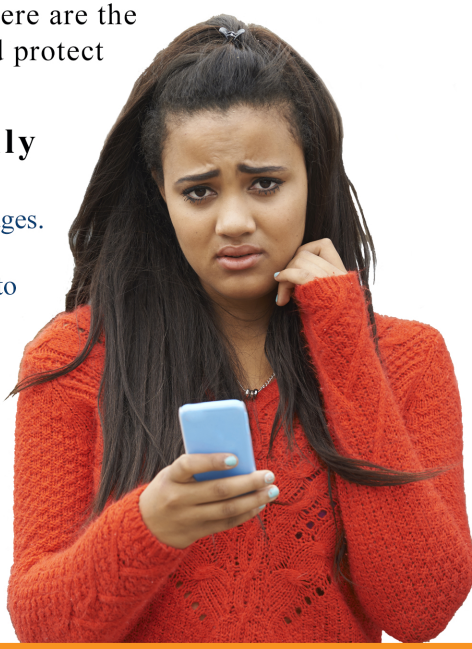
360 Family

technology resources

6 Things to do if you are being cyberbullied

Most teens believe that adults don't take cyberbulling seriously enough, nor realize how damaging it can be. Cyberbulling is a persistent attack on a individual that can quickly grow from one bully into a mob. It can happen on so many different fronts that it soon feels there is no way out—all because the bully thinks he/she has the right. In fact, 58% of cyberbullies said the reason why they did it was because the other person deserved it. You never deserve to be bullied!

Cyberbullying is radically different from teasing in the hallway and requires an appropriate response. Here are the best ways to make the bullying stop and protect your self-worth:



1. Never respond to the bully online or with texts.

This lets the bully know that you see the messages. It gives the bully power and he/she now has a written record of your response. They may try to use your words against you later.

2. Take a screenshot of the offensive messages.

You'll want this later in case it becomes your word against theirs. Once you have the screenshot, DELETE the messages. There is no reason to keep looking at the lies.