Cyberbullying: Stop, Block, and Tell!

1. STOP reading the message or viewing the photo. Do not respond or attempt to retaliate. Take several deep breaths and calm down so that you can approach the situation in a clear-headed way.

2. Set up a BLOCK on your computer and other electronic devices to prohibit those who digitally abuse from contacting you or sending any type of message or data.

3. TELL a parent or trusted adult about the cyberbullying.

TK