

# 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 digital abuse.

Art spec: **STOP** = stop sign

**BLOCK** = road barrier

**TELL** = a face with mouth talking