

Here's a list to give to your students:

### **What to Do If You Think Someone is Cyberbullying You**

1. Do not reply to any messages from a cyberbully. Cyberbullies want you to reply, so that they can see how upset they made you. Besides, if your reply is as nasty as the cyberbully's, it could get you in trouble. Cyberbullies have been known to give teachers or Internet Providers copies of "unpleasant" email they receive, which gets the person who responded in big trouble.
2. Do not even consider that what the cyberbully says is true. The cyberbully is making up things that are meant to hurt you.
3. Keep in mind that the cyberbullies try to make you look bad so that they can look good.
4. Save everything sent to you by cyberbullies. This way the information may be used to trace it to the person who sent it.
5. Tell your teacher or parents right away. This is NOT something that you should hide because you feel badly about it.
6. Remember that you are not the only kid who may be having problems with cyberbullies. Lots of kids do. That's why is not a great idea to keep quiet about a problem like this.