

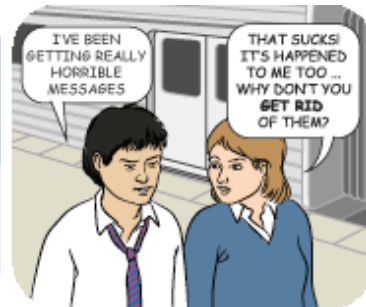
Cyberbullying – in pictures



Bullying is never OK, whether it's face-to-face or cyberbullying.

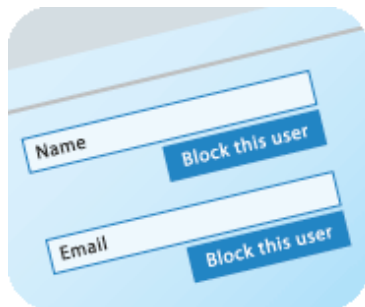


The best thing to do is to tell someone.



It's normal to feel upset, angry and confused about what to do next. Following the **G.E.T. R.I.D.** steps can help stop the bullying.

G.E.T. R.I.D.



Go block or delete the person engaging in cyberbullying. This helps stop the bully from posting or uploading any more offensive content.



Ensure you keep evidence of the bullying. Save and print out any bullying messages. Save any text messages.



Tell a trusted adult or friend.



Report abuse. For example, click on the 'report abuse' link on websites. If the messages are threatening, the local police could help.



Ignore bullying behaviour. It's OK to tell the person engaging in bullying behaviour to stop, but don't respond aggressively.



Delete online messages, **don't** forward text messages.