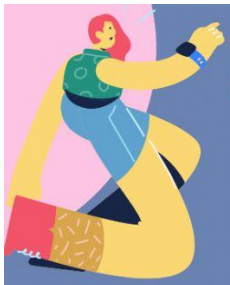

TIPS TO OVERCOME CYBERBULLYING

Do not reply instantly or just ignore

The primary purpose of cyberbullying is to distress or annoy the individual being marked so that they can react with instant emotion. Suppose someone says something rude to you online, better to put down your gadget for a couple of minutes or more. Take time to give yourself an emotional distance, and think clearly before you decide to respond calmly or not at all. It's all up to you.

Take screenshots

Screenshots are a good way for you to report cyberbullying. Screenshots will prove what a person has said to you online. Also, it assures you always have a copy of cyberbullying attacks even if the person changes his mind and suddenly deletes it.

Avoid checking your posts over and over again

You have the authority to limit your social media time to a few hours a day or more. When you avoid checking posts frequently, if cyberbullying happens to you, it doesn't feel heavy and constant. Besides, you can have a moment to look after yourself and rest from the internet.

Do not hesitate to report and block

Fortunately, most popular social media have features to report and block users that conduct cyberbullying. This helps you to feel safe while surfing online. In addition, it is all your right to report and block someone if you feel attacked by cyberbullying.

Teacher Duck
LIVEWORKSHEETS

WHY IS IT IMPORTANT TO NOT REACT WITH EMOTION TO CYBERBULLYING?

HOW CAN TAKING TIME TO DISTANCE YOURSELF EMOTIONALLY HELP IN THIS SITUATION?

What are some other steps you can take to protect yourself from cyberbullying?

What are some resources that will help and support you if you are experiencing cyberbullying?

How can you support a friend who is experiencing cyberbullying?

How can you report and block users who engage in cyberbullying on popular social media platforms?

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