



Stop the pain Act now!

HARASSMENT, BULLYING AND DISCRIMINATION ARE NEVER FUN

Do not respond to cyberbully

Ignore bullies, they love a reaction. Block the person and unwanted messages inmmediately

Save all evidence

Report the abuse and contact law enforcement to take appropriate action if they are threatening but never retaliate

Ask for help

Ask for help telling it to a parent, teacher or police and keep a record of the evidence

Take action!

Think before you forward or post messages, and most important, watch out for others, it could happen to you





