**Lesson 4: Reporting & Intervention**

A deep-dive on how to address the issue of cyberbullying.

A spiral of glowing lights

Description automatically generated with medium confidence

Welcome to Lesson 4 of Cybersecure It and Safety Net’s Cyberbullying course! In this lesson, you’ll learn knowledge and skills to effectively address this issue such as recognizing cyberbullying, supporting victims, intervention strategies, and promoting community education and advocacy.

**Reporting**

When encountering cyberbullying, it is important to take action and report the bullies. Here are some suggested actions for reporting cyberbullies:

* **Document the evidence**: Keeping evidence of cyberbullying will be valuable when reporting the incident. This could look like taking screenshots of offensive messages, harmful comments, or any other form of online harassment. This way, the evidence is in your hands and the bullies can’t deny anything by deleting their activity. Although it’s likely the platform will have this information store somewhere in their database, it’ll be hard for you to access those resources.
* **Report within the platform**: Most social media platforms have reporting mechanisms, often found in the settings, to address cyberbullying. When reporting make sure you attach any evidence you have collected.
* **Block the bully**: If possible, block or unfriend the cyberbully to prevent further interactions and protect yourself from their harmful behavior. This action can limit their ability to reach out to you and reduce the impact of their actions.
* **Inform trusted individuals**: Reach out to a trusted adult, friend, or family member about the cyberbullying incident. Share your concerns and provide them with the evidence you have collected. Their support can be crucial in dealing with the situation effectively.

Remember, it is crucial to prioritize your safety and well-being when reporting cyberbullying. Each platform and situation may have specific procedures, so follow their guidelines accordingly. Reporting cyberbullying incidents helps create a safer online environment and can lead to appropriate actions taken against the bullies.

**Intervention**

When you witness cyberbullying, there are several actions you can take to help address the situation and support the victim:

* **Do not engage**: It's important not to respond to the cyberbully or contribute to the negativity. Responding can escalate the situation and make it worse.
* **Save evidence**: As mentioned above, taking screenshots or recording the cyberbullying incidents as evidence is crucial when reporting the incident or providing evidence to the victim or relevant authorities.
* **Report the cyberbullying**: Use the reporting mechanisms available on the platform where the cyberbullying is taking place. Follow the platform's guidelines and report the incident, providing any evidence you have. This action can help alert the platform administrators to the issue and prompt them to take appropriate action.
* **Reach out to the victim and encourage them to report**: If you know the victim personally, show your support and empathy. Let them know that you are there for them and that they can talk to you if they need someone. Offer encouragement and remind them that they are not alone. Furthermore, if the victim hasn't reported the cyberbullying themselves, encourage them to do so. Provide them with information on how to report the incident and offer assistance if needed. Reporting can empower the victim and initiate the process of addressing the cyberbullying.
* **Promote awareness**: Share this course within your social circles! Raise awareness about the issue and encourage others to take a stand against cyberbullying by promoting empathy, respect, and digital etiquette.

Note, your safety is important too. If you feel uncomfortable or unsafe while witnessing cyberbullying, prioritize your well-being and seek support from trusted individuals or organizations. Together, we can create a safer and more supportive online environment. Although this concludes Cybersecure It and Safety Net’s Cyberbullying course, stay tuned for more invaluable insights on our journey toward a safer cyberspace!