

In this age of growing technology, it is easy to fall prey to cyber bullies who would attempt to harass you, degrade you, and attempt to harm your online reputation by impersonating you. Always know that this kind of insidious behavior should not be tolerated and no one deserves to be bullied. If you ever find yourself in a situation like this, you can take the following steps:

- Use tools available on your social media accounts:
Almost all social media platforms provide you with the options to report, unfriend or block your perpetrator. Never hesitate to use them accordingly.
- Do not engage with the bully:
Do not reply to the texts you get from the bullies as it would only encourage them to harass you further.
- Document your Experience, collect proofs:
If you intend to report your perpetrator or the person bullying you, it is a good idea to collect proofs as if the need ever arises for a court case you can submit them as evidence. So document your experience, keep screen captures and records of bullying, along with the date and time of the mean comments and/or text messages.
- Talk to an adult:
If you are a victim of cyberbullying, talk to an adult you trust. Remember that you do not have to suffer alone. There is always help at hand.
- Ask an adult to help you seek psychological consultancy according to your need:
If you experience frequent panic attacks and anxiety, if you experience depression tell an adult about how you feel and

ask them to take you to therapy or psychological counseling sessions.

- Ask an adult to help you seek legal consultancy according to your need:

If a person is sending you threatening messages with an intent to harm you, if a person knows your location and is threatening to harm you or your family or if you feel like your life is at risk, talk to an adult and ask them to help you hire an attorney and seek legal counseling.

If you ever find yourself a target of bullying, follow the above mentioned steps to help make your cyberspace safe for you. Remember that you do not deserve to suffer.