**Be Cyber Smart**

Being online is part of life. If you are being bullied online, here are some simple steps you can take.

* Block the person who is doing the bullying. Most social media platforms have tools to allow you to do this.
* Report the bullying. To find the 'report' option, click on the three dots at the top right of a post / tweet.
* Keep the evidence - grab a screenshot and save it / save the email
* Talk to someone! This could be a teacher, parent or counsellor.

Before you post, **THINK**

* Is it True?
* Is it Helpful?
* Is it Inspiring?
* Is it Necessary?
* Is it Kind?

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| ***Go out there and be awesome!*** |