

## Cyber Wellness

# Cyber safety tips for teenagers

### 1. Talk about it:

This gives adult figures the opportunity to assist and deal with the issue.

### 2. Ignore them:

This often causes cyberbullies to move on with not getting a response.

### 3. Never retaliate:

This creates a cycle, and may land both parties in trouble.

### 4. Tell them to stop:

If ignoring does not work, tell them in a respectful way to stop their bullying.

### 5. Laugh:

If in fact people are making a joke, this may create friendships and restrict bullying.

### 6. Save the evidence:

Save and print all evidence and turn it over to an adult who may be able to help.

### 7. Block access to cyberbullies:

Blocking them off from all your accounts ensures they can never make future contact.

### 8. Report it to the Content provider:

This often ensures bullies are blocked from future use for breach of terms of service.

### 9. Never pass along messages from cyberbullies:

Delete any harmful messages and do not pass on to others, it simply compounds the problem.

### 10. Inform an adult:

If there are feelings that safety may be breached, inform an adult.



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