

# Cyber Wellness

## How to handle Cyberbullying

- 1. Reach out to a trusted adult**  
“You do not ever have to face cyberbullies alone”
- 2. Remove yourself from groups, don't return!**
- 3. Log off and Block Bullies**  
“It is okay to walk away from harmful relationships”
- 4. Use privacy settings**  
“Take charge of information others can see about you”
- 5. Take screen shots**  
“Screen shots of instances of bullying are good evidence to share with adults”
- 6. Be a positive influence**  
“Don't 'like' or 'share' negative posts”
- 7. Report it**  
“Most social media sites have anonymous reporting systems”
- 8. Empathize**  
“Before you post something about someone, think about how you would feel if the post was about you”
- 9. It's not your fault**  
“If you face cyberbullying, remember you are not to blame”
- 10. Be a friend**  
“If you see someone being picked on online, be a friend!”



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**BETTER TOGETHER.**