

## Cyber Wellness

# Tools and tips for preventing cyberbullying

**1. Make every effort to remain educated**

Understanding cyberbullying is the first step to preventing it from happening.

**2. Protect your Password**

Always keep passwords safe, never let anyone see or know any account password.

**3. Keep photos 'PG'**

Check all pictures before posting, bullies use images as ammunition to harm others.

**4. Never open unidentified or unsolicited messages**

Delete any messages that cannot be identified, they may contain viruses.

**5. Log out of Online Accounts**

This stops people from accessing information or imitating personal accounts.

**6. Pause before posting**

Impressions are developed online, avoid posting something that may affect personal reputations.

**7. Raise awareness**

Increasing peer awareness of cyberbullying reduces chances of it happening.

**8. Set up privacy controls**

Restrict information on social network so only close friends may view it.

**9. Conduct regular Google self-searches**

This controls any cyberbully ammunition, allowing for it to be deleted swiftly.

**10. Resist being a cyberbully**

Always treat others in a respectable way, and post only kind words.



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**BETTER TOGETHER.**