

What You Should Do If You are Cyberbullied

There are different ways to respond to cyberbullying. Decide what to do based on who is cyberbullying you and how bad the cyberbullying is. Try to figure out what you think might work best to get the cyberbullying to stop.



- **Always save the evidence.** Download the harmful material. Save any chats or instant messages. But don't keep looking at it—this will only make you feel worse.
- **Decide if you need to involve an adult.** Sometimes you can resolve these situations on your own. Tell an adult if:
 - You are really upset and are not sure what to do.
 - The cyberbully is also bullying you in real life.
 - You have been threatened with harm.
 - The cyberbullying is doing things that can really damage your reputation and friendships.
 - The cyberbully is also bullying other students.
 - You tried some of the other steps to get the cyberbully to stop, but it didn't work.
- **Tell the cyberbully to stop.** Send the cyberbully a private message stating something like this: “Stop sending me messages.” or “Remove the material you posted.” Depending on your relationship with this person, you might be able to work out a friendly truce. Make sure your message is non-emotional and strong. You could also tell the cyberbully that if the harm does not stop, you will take other steps to stop it.
- **Ignore the cyberbully.** Stop going to any group where you are being cyberbullied. Remove the cyberbully from your buddies list.
- **Have your parents contact the cyberbully's parents.** They might talk with the parents or send them a letter. If they send a letter, it will be helpful if they include the harmful material you have downloaded.
- **File a complaint with the Web site or service.** Most sites and services prohibit bullying behavior. You can generally find an e-mail contact on the home page. Explain what has happened and provide the links to the harmful material or attach any harmful messages. Request that the material be removed and perhaps also that the account of the cyberbully be terminated.
- **Talk to your school.** If the cyberbully goes to your school, and especially if the cyberbully is also bullying you at school, tell



your principal or school counselor. Provide the material you have downloaded.

- [Contact an attorney or the police](#). You will need your parents to help you with this. Sometimes cyberbullying is so bad your parents could sue the parents of the cyberbully for money. Or the cyberbullying could be a crime. Of course, it's better if things do not get to this point—but it's useful to know these options are there if things get really bad.