



## Cyberbullying Tips for Youth

- **Don't initiate, respond to, or forward** harmful messages.
- **Think!** If something mean is posted or texted about you, don't respond immediately, take a breath and give yourself time to think through your next step. Don't react immediately.
- **Think about your reputation** – would you want your grandma, teacher, future employer, or someone you don't know to see that?
- **Privacy** – Keep intimate and personal info private.
- **Trust your gut.** If you feel uncomfortable – save and tell and adult.
- **Be safe** – Don't meet unknown internet friends without talking to your parents or another adult about it.

## Tips for Youth to Stop Bullying

- **Keep yourself safe.**
- **Get help.** Tell a trusted adult if you see someone in trouble.
- **Support the target.** Ask them to join in an activity with you.
- **Distract.** Tell the aggressor you don't like talking about people or change the subject.
- **Reason with the aggressor,** "You might get into trouble if you keep bothering that person" or "you might get kicked off the basketball team and we really need you."
- **Support the person who is being bullied.** (Help them pick up their books, take them to someone who can help, there is power in numbers – just stand beside the person, or ask other friends to support the person).

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