

# PREVENT & RESPOND TO CYBERBULLYING



## Think before posting

ASK YOURSELF:

is this kind?  
would I want my parents/teachers to see it?  
what would Jesus do?

## Don't forward or 'like' mean messages or pictures

it makes the problem worse and you can't take it back

## Speak up

if you see something mean online, tell a teacher, parent, or trusted adult

## Follow the Golden Rule

treat others as you would want to be treated

encourage your friends to do the right thing



## WHERE DOES IT HAPPEN?



Cyberbullying takes place online through social media, messaging apps, chat rooms, texting, gaming, etc. It is hard to get away from since it can happen 24/7.