

# Cyberbullying Checklist for Kids.

If you're not sure what to do when you encounter a bully, don't worry - this checklist can help you! Remember: **always** tell an adult if someone is bullying you or a friend.

## How to Prevent Cyberbullying:

- Don't share personal data, like passwords, addresses, phone numbers or private photos.
- Use the "Grandma Rule" - If you wouldn't want your grandma to read it, then don't post it!
- Never post when you're emotional. Take a moment to calm down before posting, whether you're angry, sad or upset about something.
- Put yourself in their shoes. Before posting, imagine how it might make your friend or school mate feel. Would you be upset if someone posted it about you?

## What If It Happens to You?:

- Tell your parents, teacher or another adult you trust.
- Check your social media profiles and report any inappropriate comments, photos or fake profiles.
- Save all communication from the bully.

## What If You See Cyberbullying?

- Report any cyberbullying you see to a trusted adult, parent or teacher.
- Do not participate in sharing harassing messages, embarrassing photos or anything that might make the bullied person feel bad.
- Respond with kindness - show your support for the bullied person by posting a nice comment or offering help.