

# STOP Cyberbullies in Their Tracks

Here's what to do if you're being targeted.

**Disengage** — don't respond to cyberbullying messages. Instead, confide in a trusted adult.

**Document** screenshots, dates, times, and descriptions of each incident.



**Report** cyberbullying to social media sites, internet and cell phone service providers, law enforcement, and your school.

**Block** the cyberbully on every platform to stop their attacks.