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.

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