

# What To Do If You Are Being Cyberbullied



Stay calm and do not respond to the bully.



Block the person so they can not talk to you anymore. Use the report button.



Take screenshots of the bullying.

You can report it to the website you are using, or to [www.esafety.org.au](http://www.esafety.org.au)



Tell a trusted adult and ask for help if the bullying has made you feel bad.

[www.interactionservices.org/online-safety-training](http://www.interactionservices.org/online-safety-training)