



CARNEGIE CADETS: THE MYSECURECYBERSPACE GAME

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Hint Sheet

04

Tips For Dealing with Cyber Bullying

Cyber bullying is using the Internet to threaten, embarrass, pick on, or put-down people. They can make you pretty miserable, so if you ever run into a cyber bully, remember these tips:

- 1 *When a Bully attacks, first try to ignore or block them.*

The Bully is probably trying to pick a fight. If you can laugh it off instead of reacting or fighting back, the Bully doesn't get what they want.

- 2 *If the attacks become overwhelming or scary, you should probably let a trusted adult know about it.*

Talk with your trusted adult about strategies to deal with the bullying and come up with a plan together.

- 3 *Be prepared to report the bully.*

Save any evidence of the bullying, such as email and instant messages and screenshots of web pages. See Hint Sheet 05 for information on how to report cyber bullying.

- 4 *Be a good cyber citizen and help prevent cyber bullying.*

If you witness cyber bullying, try to do something friendly to help the victim, so they don't feel alone. Don't join in and make things worse.

- 5 *Protect yourself from cyber bullying as much as possible.*

Make sure that you won't be an easy target for cyber bullies. Don't share your personal information in Cyberspace, especially photos and videos, and don't try to pick fights with other people.