Standing up to Cyberbullying: Top Ten Tips for Teens

Don't be a bystander – stand up to cyberbullying when you see it. Take action to stop something that you know is wrong. These **Top Ten Tips** will give you specific ideas of what you can do when you witness cyberbullying.

1. **Report to school**: If the person being cyberbullied is someone from your school, report it to your school authorities. Many schools have anonymous reporting systems that allow you to let them know what you are seeing without disclosing your identity.

2. **Collect evidence:** Take a screenshot, save the image or message, or screen-record what you see. It will be easier for an adult to help if he or she can see - and have proof of - exactly what was being said.

3. **Report to site/app/game**: All reputable online environments prohibit cyberbullying and provide easy tools to report violations. Don't hesitate to report incidents; those sites/apps will protect your identity and not "out" you.

4. **Talk to a trusted adult:** Develop relationships with adults you can trust and count on to help when you (or a friend) experience something negative online. This could be a parent, teacher, counselor, coach, or family friend.

5. **Demonstrate care:** Show the person being cyberbullied that he or she is not alone. Send the person an encouraging text or snap. Take your friend aside at school and let him or her know that you are always there.

6. **Work together:** Gather your other friends and organize a full-court press of positivity. Post kind comments on the victim's wall or under a photo he or she has posted. Encourage others to help report the harm. There is strength in numbers.

7. **Tell them to stop:** If you know the person who is doing the cyberbullying, tell them to stop. Explain that it's not cool to be a jerk to others. But say something –if you remain silent, you are telling the bully you are okay with that behavior.

8. **Don't encourage it:** If you see cyberbullying happening, don't support it in any way. Don't forward it, don't add emojis in the comments, don't gossip about it with your friends, and don't stand on the sidelines.

9. **Stay safe:** Don't put yourself in harm's way. When your emotions are running high, resist posting something that may escalate the situation. Don't hang out online where most people are cruel. Never physically threaten others in the online (or real life) arena.

10. **Don't give up:** Think creatively about what can be done to stop cyberbullying. Brainstorm with others, and use everyone's talents to do something epic!