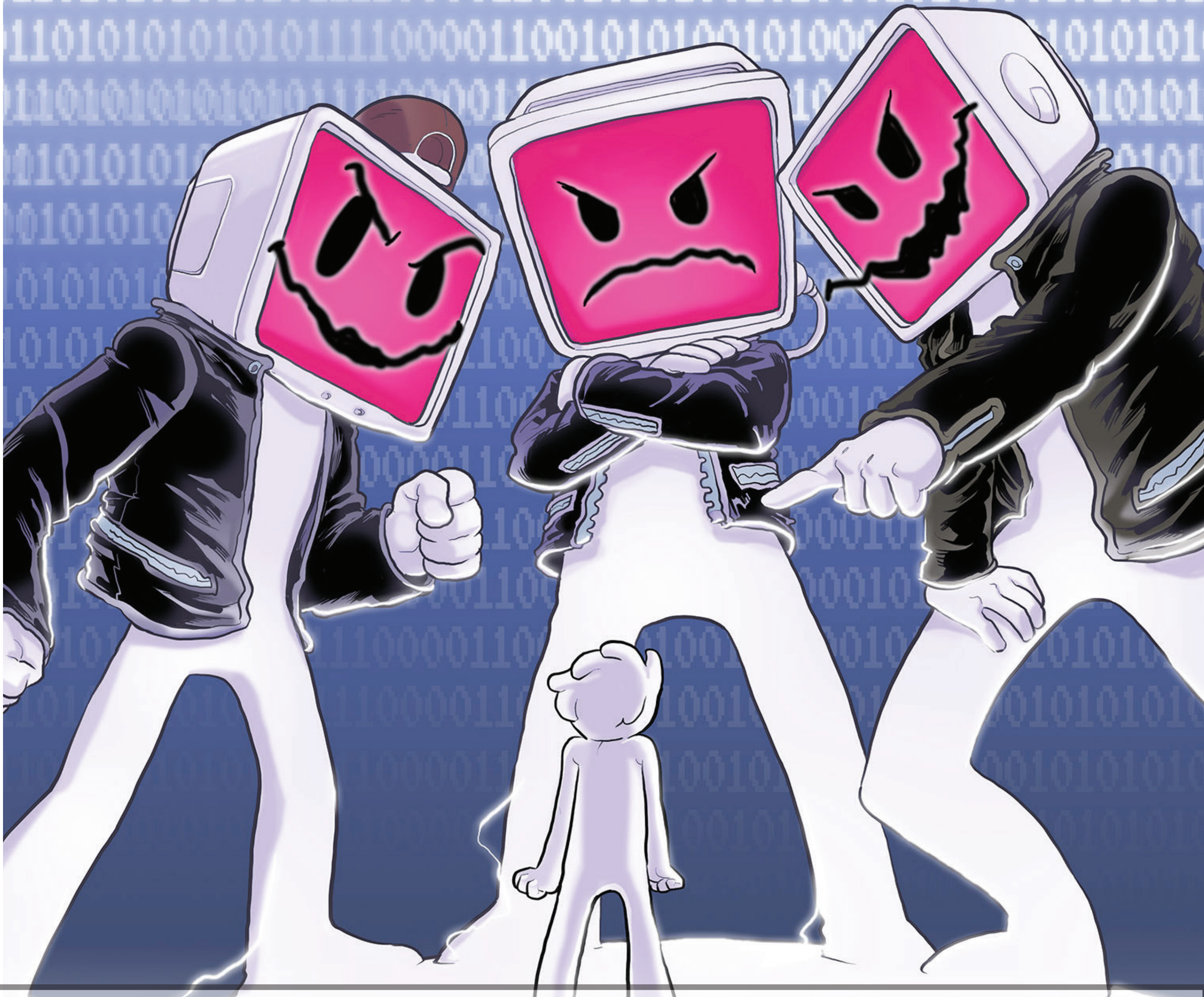


BEAT CYBERBULLYING

Bullying is no longer limited to the playground.



Cyberbullying can occur via email, SMS, phone calls or social media. No type of bullying should be tolerated. Here are some steps you can take to protect yourself and others from being bullied online.

- Don't respond or retaliate. Most bullies are trying to provoke a reaction. If you don't respond, you take away the bully's power.
- If possible, block communications from the bully. If he or she can't communicate with you, you can't be bullied.
- Check your privacy settings on social networking sites. Make sure only people you know can talk to you.
- You don't need to deal with a bully by yourself. If you are being bullied, tell someone you trust about the problem.
- Save the evidence. Keep copies of bullying messages.
 - Most sites have a way to report abusive users. Don't be afraid to report bullies.
- Don't be a bully yourself. Treat other people with kindness.

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