

# BE A CYBER PAL!



## Don't be a bystander: be a Cyber Pal.

Being a bystander witnessing acts of cyberbullying online can be bad for your personal mental health, doing nothing is only going to make you feel bad.

## Active Cyber Pals help friends to protect themselves online.

- If you feel you are being bullied, ask for help or tell a friend.
- If you see someone being bullied, send them a private message to see if they are ok.



## Cyber Pals don't hide behind anonymity – know your Cyber Pals.

- When you are anonymous you may say things online that you wouldn't in real-life.
- And when someone says something nasty to you, remember that they are saying this online and not face to face – pay no attention to it.

## Cyber Pals don't bully back.

- Why? – because it can make the problem worse
- Just because you are being bullied, doesn't mean you have to fight back – ignore it.
- When you see someone being bullied, reach out and comfort the victim, don't attack back.

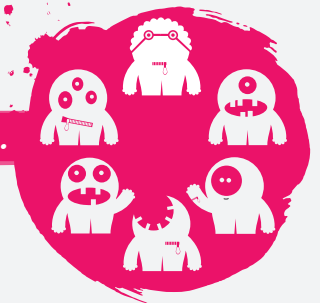


## Cyber Pals are cool in cyberspace.

- Friends give friends the benefit of the doubt.
- Don't always assume that messages were meant to hurt. :)

## Reach out to a trusted Cyber Pal when feeling lonely or down.

- There are always more people online than you think.
- There are at least ten times as many people online as you can see.



## Cyber Pals know where and how to GET HELP!

- And how to share it with each other!



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