

HOW DO I DEAL WITH CYBERBULLIES?



1. Actually, don't.

Why provide the bully the satisfaction they seek? Their intention is to provoke a reaction from you. Ignore them instead!

2. Get Screenshots.

Catch them in 4k! Take screenshots as evidence of the bully's misconduct towards you.



3. Go Offline.

Take a moment and disconnect from the online world. Consider temporarily deactivating your social media accounts to give yourself a break.

4. Block & Report!

It is your right to report and block someone if you feel the need to do so. This helps you feel safe while surfing online.



5. Confide in Someone.

Speak to your parents, teachers or counsellors about the situation.

Resources

Singapore Children's Society (Bully-Free Programme)
Phone: 6273 2010 Email: BullyFree.sg@childrensociety.org.sg

Coalition Against Bullying for Children and Youth (CABCY)
Phone : 6223 3122 Email : ask@cabcy.org.sg

TOUCH Cyber Wellness
Phone: 1800 377 2252 Email : cyberwellness@touch.org.sg

