

YOU CAN HAVE AN IMPACT.

“WHEN PEOPLE GET INVOLVED IN SOMEONE ELSE'S DRAMA, SOMETIMES IT CAN JUST KEEP AN ARGUMENT GOING.”

Defending a friend is the third most common excuse for being mean online. Before you do anything, take a minute to make sure that what you're going to do will really help.

You can try saying:



“HEY [NAME], LOOKS LIKE YOU NEED SOME STRESS RELIEF — CHECK OUT THIS VIDEO, IT'S HILARIOUS.”

“HI [NAME], IT'S TOO NICE OUT FOR DRAMA — LET'S GET OUTSIDE AND GET SOME SUNSHINE.”

“EVERYBODY HAS A BAD DAY SOMETIMES. JUST IGNORE HER FOR NOW AND YOU CAN TALK ABOUT IT FACE-TO-FACE TOMORROW.”

“ARE YOU SURE HE KNOWS HOW THAT MADE YOU FEEL? TAKE A FEW MINUTES TO COOL DOWN BEFORE YOU DECIDE IF YOU NEED TO ANSWER.”

Even if something starts as drama, it can get serious fast — especially if nobody does anything to help the people involved cool down and step away. **You can try saying:**

YOU CAN CHOOSE TO MAKE A DIFFERENCE WHEN YOU WITNESS CYBERBULLYING.