

YOU CAN HAVE AN IMPACT.

“I DON'T KNOW IF IT'S REALLY SERIOUS.
IT'S JUST THE INTERNET.”

If something is happening right now that you have to **stop**, try distracting the person who's doing the bullying or giving the target a chance to get out of the situation without being embarrassed.

You can try saying:

“HEY [NAME],
CAN YOU COME
HELP ME OUT?”

“HEY [NAME],
I JUST SAW THE
FUNNIEST VIDEO. YOU
HAVE TO CHECK
THIS OUT.”

One of the worst things about being bullied is feeling that nobody cares about what's happening. Letting someone know you care can be a big help and won't make things worse. You can try saying:

“HEY I JUST
WANT YOU TO KNOW
THAT WHAT HAPPENED
WASN'T COOL. LET ME KNOW
IF I CAN HELP OR IF YOU JUST
WANT TO TALK.”

“YOU DON'T
KNOW ME, BUT I SAW
WHAT HAPPENED. IF YOU
WANT TO TALK OR DO
SOMETHING ABOUT IT
LET ME KNOW.”



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