

YOU CAN HAVE AN IMPACT.

“I WANT TO SAY SOMETHING, BUT I DON'T KNOW IF ANYONE WILL LISTEN TO ME.”

If you want to do something public, stay **positive**: let people know that you're not on the bully's side by posting something nice about the target. **You can try saying:**



“HEY,
[NAME],
GREAT SHOT!”

“BIG THANKS
TO [NAME]
WHO MADE MY DAY A
LITTLE BETTER JUST
BY BEING HERSELF.”

What witnesses do about bullying is actually one of the most important factors in how much someone is hurt. **You can try saying:**

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

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