





TIPS TO OVERCOME CYBERBULLYING




Do not reply instantly or just ignore



Suppose someone says something rude to you online, better to put down your gadget for a couple of minutes or more. Take time to give yourself an emotional distance, and think clearly before you decide to respond calmly or not at all. It's all up to you.

Take screenshots

Screenshots are arguably a good way for you to report cyberbullying. Screenshots will prove what a person has said to you online. Also, it assures you always have a copy of cyberbullying attacks even if the person changes his mind and suddenly deletes it.



Avoid checking your posts over and over again



You have the authority to limit your social media time to a few hours a day or more. When you avoid checking posts frequently, if cyberbullying happens to you, it doesn't feel heavy and constant. Besides, you can have a moment to look after yourself and rest from the internet.



Report and block

All popular social media have features to report and block users that conduct cyberbullying. This helps you to feel safe while surfing online. In addition, it is all your right to report and block someone if you feel attacked by cyberbullying. Talk to someone who will listen