Ten tips for kids if you are being cyber bullied

Here are a few ideas for what to do when you are being cyber bullied.

1 Talk about it

Tell someone if you're the target of cyber bullying. Whether it's your parents, a teacher, or another trusted adult, or even your best friend, never keep it to yourself. We know it's really hard to talk about it, but you should give others a chance to come through for you. It could help make the problem go away, which is the ultimate goal.

2 Ignore them

Don't respond to the bully. Those who cyber bully but don't get a response from their target may just move on. They are looking for a response - don't give it to them!

3 Never retaliate

As hard as it is, be the bigger person and never retaliate against someone who is mean to you. This only continues the cycle of violence and does nothing to solve the problem. Plus, if you retaliate you could get in trouble for what you are doing or saying to them.

4 Tell them to stop

If ignoring the bully doesn't work, tell them to stop. Let them know that what they're doing is hurtful and, more importantly, not cool and juvenile. Be respectful in your approach to them and try not to be aggressive.

5 Laugh

If someone says something funny about you, try to laugh it off. Maybe they really are just trying to be funny and not hurtful. Sometimes we say funny things or make fun of a friend as a way of fitting in. Of course, this can be taken too far. If it's not funny and you really are hurt by what was said, try one of the other responses listed here.

6 Save the evidence

Record all occasions of cyber bullying. Print out social media posts and emails, save texts, and capture screen shots when cyber bullying happens. You can even make screen recordings of Snapchat, Facebook or Instagram stories. Then turn these over to an adult who can help.

7 Block access to cyber bullies

Block those who cyber bully so they can't contact you. Most apps and gaming platforms let you block users from messaging you or even being able to 'see' you online. Most phones can block numbers, and you can also contact your mobile phone service provider (for example, Telstra or Optus) to help. If bullies simply cannot reach you, it's more difficult for them to harass you.

8 Report it to the content provider

If you don't know who is cyber bullying you, contact the provider of the site or platform where the cyber bullying is occurring and make a report. The most popular sites and apps (like Instagram, YouTube, Google, PlayStation Network, Xbox Live) make it pretty easy to report cyber bullying. Harassment is a violation of the Terms of Service of all reputable online spaces.

9 Call the police

If you feel your safety (or the safety of someone else) is in danger, call the police immediately. Any time there is a threat, tell an adult. They can help you make sure that you stay safe.

10 Never pass on messages from those who cyber bully

If you receive hurtful or embarrassing messages or photos of someone else, delete them and don't forward it to others. Don't be part of the problem, be part of the solution.