

 MediaLiteracyCouncilSG  
www.betterinternet.sg

# BE KIND

## WAYS YOU CAN STOP YOUR STUDENTS FROM CYBERBULLYING



### DO WHAT'S RIGHT ONLINE

-  **THINK**  
before you post
-  **RESPECT**  
others
-  **STAND UP**  
for what's right

 **CHECK  
Please!**  
Be Safe. Be Smart. Be Kind.



# Before we react, **CHECK PLEASE!**

Here's our checklist of 4 tips for a better internet.

## 01

### **BE ALERT**

Intervene immediately when you observe bullying. Speak to bullies in private as it can be embarrassing and intimidating for the student being bullied.

## 02

### **START A CONVERSATION**

Give them a chance to explain their actions. They may have been bullied themselves or pressured into bullying by others.

## 03

### **COUNSEL THEM**

Explain the consequences of their actions. Break the myth that bullying is 'cool' and that it's the victim's fault. If more help is needed, inform your school's administration and/or send the student to the school counsellor.

## 04

### **AVOID JUDGEMENT**

Separate the behaviour from the student. Don't treat them worse because they made a mistake. Remind them that it's not too late to turn over a new leaf.

