

 MediaLiteracyCouncilSG
www.betterinternet.sg

BE KIND

TIPS TO COUNTER 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 6 tips for a better internet.

01

STAY CALM

Take a deep breath. An angry response may trigger more bullying.

02

RECORD THE EVIDENCE

Take screenshots as proof. Save comments, photos or videos that show online bullying.

03

BLOCK THE BULLY

Prevent bullies from contacting you by keeping them out of your online platforms (e.g. WhatsApp, Instagram, Facebook).

04

REPORT THE BULLY

Flag online bullies to the online platforms and report inappropriate content.

05

CONFIDE IN SOMEONE

Seek advice and support from your parents, teachers and friends.

06

LOOK TO THE EXPERTS

Approach your school counsellor for advice or a lawyer for legal opinion.

