

 MediaLiteracyCouncilSG
www.betterinternet.sg

BE KIND

WAYS TO HELP CURB 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 **PLAY AN ACTIVE ROLE**

Take an active role in not sharing the messages, posts, photos, or videos that are hurtful or humiliating.

02 **RECORD THE EVIDENCE**

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

03 **REPORT THE BULLY**

Flag online bullies to the platform administrators directly and report inappropriate content.

04 **TAKE A STAND**

If you feel safe or confident doing so, call out the bully for their hurtful actions and ask them to remove their post.

05 **TELL SOMEONE YOU TRUST**

Raise the issue with someone who might be able to step in and help, like a parent or teacher.

06 **SHOW SUPPORT**

Be a friend. Remind the victim not to blame themselves. Be present when they need someone to talk to.

