

10 TIPS OF DEALING WITH CYBERBULLYING

All this advice should be passed on and taught to children so that from the first moment they find themselves in a situation of cyberbullying, they know how to act and do not continue to suffer from this problem, which can lead to many more.



SAFE PLACES TO TALK

Creating safe and comfortable spaces to talk to teachers about what is going on in the classroom or internet.



Protect your privacy

Teach children how to protect their privacy on the Internet in general and within the social networks they use.



Accept only friend requests from FRIENDS.

Only accept friend requests from people they already know outside of the Internet



Don't be afraid to block

It is good for us to block those people who make us feel insecure, upset.



Choose well the content you share

We must be very careful about the content we share on the networks, whether they are photos, videos, writings or web pages.



Behave as you are in everyday life.

Don't do online what you wouldn't do in real life. be polite.



Ignore comments from haters

The best thing you can do to prevent it from escalating into cyberbullying is to leave the discussion.



Be aware that cyberbullying is a crime.

Politely warn the person harassing you that he or she is committing an offence



Don't give out personal information

Do not give out personal data to anyone, especially not to a stranger.



If you are harassed, save the evidence.

If there are serious threats, seek help urgently. keep evidence of harassment.