

# How to Fight Cyber Bullying



Maybe it was a joke -- with a little too much of an edge. Or maybe it was an outright attack. When it comes to cyber bullying, you know it when you see it.

And if your child is the target, you'll want to do everything in your power to make it better. But as parents, teachers, school administrators, and even law enforcement officials wrestle with how to deal with cyber bullying, it's been hard to get concrete advice on what to do if it happens to your child.

Everyone can agree that you don't want to make it worse. And while your child may want to defend him/herself, it's best not to engage. The steps below can help kids defuse the situation, protect themselves, and hopefully put a stop to cyber bullying.

## Stay-Safe Tips

**Sign off the computer.** It's best to ignore attacks and walk away from the cyber bully.

**Don't respond or retaliate.** If you're angry and reply, then you might say nasty things. Cyber bullies often just want to get a reaction out of you, so don't let them know that their plan has worked.

**Block the bully.** If you get mean messages through IM or a social networking site, take the person off your buddy or friends list. You can also delete messages from bullies without reading them.

**Save and print out bullying messages.** If the harassment continues, save the evidence. This could be important proof to show parents or teachers if the bullying doesn't stop.

**Talk to a friend.** When someone makes you feel bad, sometimes it can help to talk the situation over with a friend.