

# How to stop CYBERBULLYING



**LOG OFF** the site where the bullying is happening.



**BLOCK EMAILS** or messages. Don't respond to them.



**SAVE THE MESSAGE** or email and show an adult.



**TELL SOMEONE** you trust.



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Find out more at [www.witsprogram.ca](http://www.witsprogram.ca) or [www.mediasmarts.ca](http://www.mediasmarts.ca)