

# HOW TO TACKLE CYBERBULLYING

Cyberbullying is the use of the internet or technology to harass, harm, or intimidate others. It can happen on social media, gaming platforms, or even through text messages. The impact of cyberbullying can be severe, causing emotional distress, anxiety, and depression. It's important to take steps to address it.

Firstly, if you or someone you know is being cyberbullied, it's essential to block the person responsible and report them to the platform. Social media sites and messaging apps often have tools to report abuse. Never respond to the bully as this can escalate the situation.

Secondly, keep evidence of the bullying. Take screenshots of harmful messages or posts. This can be useful when reporting the incident to authorities or the platform.

Thirdly, talk to someone you trust. Whether it's a friend, teacher, or family member, discussing the problem can help you feel supported. It's important to remember that no one deserves to be bullied.

Finally, raise awareness about cyberbullying. By educating others about the effects and prevention strategies, we can help create a safer online environment for everyone.

Together, we can fight cyberbullying and protect each other online.