How to Deal with
Cyberbullying
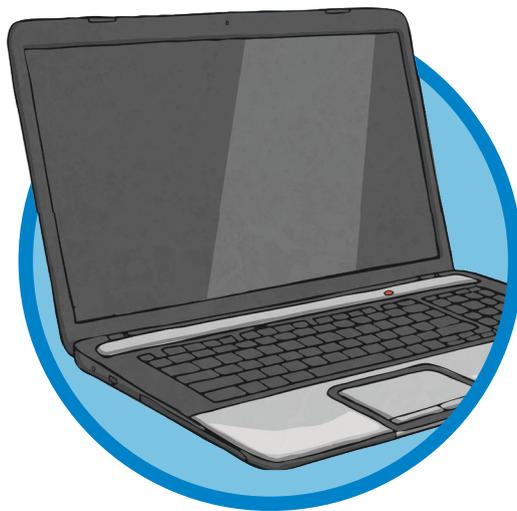
1 **Save**

any evidence of the bullying and show an adult.

2 **Block**

messages or the person. Do not respond to them in any way.

3 **Log Off**

the site where the cyberbullying is happening.

4 **Talk**

to someone you trust about it.