

# How to stop cyberbullying – in pictures

## Cyberbullying is never OK



Cyberbullying is never OK. Stop cyberbullying with this illustrated guide, and read more about [bullying](#) and [cyberbullying](#).



The best thing to do about cyberbullying is to tell someone.



It's normal to feel upset, angry and confused. Use the **G.E.T. R.I.D.** steps to stop cyberbullying.

## G.E.T.R.I.D. of cyberbullying: first steps



**Go** block or delete the person engaging in cyberbullying. This helps stop the bully from posting or uploading offensive content.



**Ensure** you keep evidence of the bullying. Save and print out any bullying messages. Save text messages.



**Tell** a trusted adult or friend.

## G.E.T.R.I.D. of cyberbullying: next steps



**Report** abuse. Click the 'report abuse' link. If the messages are threatening, talk to local police.



**Initiate** control. To break the cyberbullying cycle, choose not to respond aggressively or seek revenge.



**Delete** online messages (after saving copies). **Don't** forward text messages to others as they might forward them too.