



# WellCast



## CYBERBULLYING PROTECTION GUIDE

DATE \_\_\_\_\_

Cyberbullying is a very real issue that can escalate quickly if you retaliate.  
Try these tips instead.

### 1 **PRIVACY IS PREVENTION**

- Make sure that your personal data is not public
- Look through your privacy settings and make sure they're secure and airtight.

### 2 **WHEN BULLIED, DON'T RESPOND AND DON'T RETALIATE**

No matter how hard it is, don't respond and retaliate - you are giving the bully what they want.

### 3 **BLOCK THE BULLY IF POSSIBLE**

Make it impossible to contact you by trying the following steps:

- If you are on a messaging system, set it up so that only contacts on your buddy list
- If that doesn't work, block individual screennames or try going invisible
- Screen all incoming phonecalls and text messages
- If necessary, disappear from the internet and suspend your social media pages.

### 4 **SAVE THE INFORMATION AND TELL SOMEONE**

Remember: Cyberbullying is **ILLEGAL** in most states

They are also leaving an electronic trail with every interaction with you.  
Save the information and tell someone you trust.