



READ,
DISCUSS ✓
AND FILE IN

First-aid Plan:

This way I always know what to do!

Just read through the First-Aid Plan. Then you know what you can do about cyberbullying.

Prevention

- We talk about what I experience in the digital world.
- People I trust are important. Because and help me with anything life sends my way.
- How can I tell if something is cyberbullying? Clear warning signs are: and
- We keep one another informed. Because if you know about cyberbullying, you can do something about it.

Doing the right thing

- I do not respond to insults and aggression. But that doesn't mean that I'm not doing anything.
- We keep a record any and all incidents. Mean emails or messages get saved. That way we have proof that it is cyberbullying.

I go for help!

- If the aggression gets particularly mean, my parents call the police.

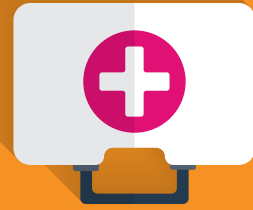
I participated – now what?

- We talk about what happened.

Never forget the victim's side of the story:
We imagine what it would be like to get bullied by someone.

- Together we think about a possible solution. An honest apology is the first step.

First-aid



Cybermobbing

INSTRUCTIONS



SIMPLY CUT OUT,
FOLD AND ATTACH
TO THE REFRIGERATOR.



www.betterinternetforkids.eu

The platform is a central access point for information, advice and resources for a better internet.

www.stopbullying.gov

Information from various government agencies on what cyberbullying is, and how you can prevent and respond to it.

www.helpguide.org

Tips for kids and parents to prevent and stop cyberbullying.

Emergency contacts