



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.

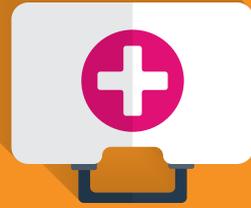
### I participated – now what?

- 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](http://www.betterinternetforkids.eu)

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

[www.stopbullying.gov](http://www.stopbullying.gov)

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

[www.helpguide.org](http://www.helpguide.org)

Tips for kids and parents to prevent and stop cyberbullying.

Emergency contacts