



LESSON 3

Cyberbullying: What to Do

Quick reference — print this page and keep it nearby.

TELLING THE DIFFERENCE — AND ACTING ON IT

- 1 Drama vs. harassment**

Drama is mutual — a fight both sides could walk away from. Harassment is one-way and repeated, and the target can't make it stop.
- 2 Use the real reporting tools**

Every major platform has Report and Block, usually in the three-dot menu. They're buried, but they work — use them.
- 3 Block is a tool, not a defeat**

Blocking takes the conversation off their menu. On most platforms the other person isn't even notified.
- 4 Supporting a friend, in order**

Believe them. Help them screenshot. Help them block and report. Don't reply to the harasser on their behalf. Remind them they're not alone.
- 5 When to bring in an adult**

When the harassment crosses platforms, involves threats, or simply won't stop — it's time to tell a trusted adult.

IF YOU TAKE ONE THING FROM THIS LESSON

If you or someone close to you is being harassed right now: screenshot the messages today, then block and report, then tell one trusted adult — in that order.