**What to Do If You Think Someone is Cyber Bullying You**

* Do not even consider that what the cyber bully says is true. The cyber bully is making up things that are meant to hurt you. Keep in mind that the cyber bullies try to make you look bad so that they can look good.
* Do not reply to any messages from a cyber bully. Cyber bullies want you to reply, so that they can see how upset they made you. Besides, if your reply is as nasty as the cyber bully's, it could get you in trouble. Cyber bullies have been known to give teachers or Internet Providers copies of "unpleasant" email they receive, which gets the person who responded in big trouble.
* Save everything sent to you by cyber bullies. This way the information may be used to trace it to the person who sent it.
* Block the person who is doing the cyber bullying.
* Notify the site administrator to remove unpleasant personal photos/posts or when a fake account is made up in your name.
* If harassment is via text and phone messages, contact your phone company and block their number or change your number.
* To prevent someone from hacking into your Facebook account, do not give out your password and change it often.
* Remember that you are not the only kid who may be having problems with cyber bullies. Lots of kids do. That's why is not a great idea to keep quiet about a problem like this. Tell your teacher, counselor, administrator or parents if it continues. This is NOT something that you should hide because you feel badly about it.