

Bullying & Cyberbullying

What you can actually do

A teen-friendly guide for staying safe, protecting yourself, and getting support.

SAME YOU. BRIGHT THINGS AHEAD. ♥

What is happening to you is not okay. ♥

YOU ARE SEEN. YOU MATTER. YOU BELONG HERE. ♥

1 What counts as bullying

Bullying can happen in person or online. It's not just "drama" — it's behaviour that's hurtful, repeated, and meant to make someone feel bad.



Repeated meanness

Happening over and over, not a one-time disagreement.



Exclusion

Being left out on purpose, ignored, or blocked from being part of a group.



Threats

Being threatened, intimidated, or told they'll hurt you.



Spreading stuff

Rumours, lies or private information shared about you.



Humiliating posts or messages

Mean comments, photos, or videos shared to embarrass you.

You deserve to feel safe, respected and included — both online and in real life. ♥



2 What to do right away

If you're being bullied, here are some safe and helpful steps you can take:



Move toward safety

Get to a safe place (physically or online) where you feel more comfortable.



Stay with someone

Be around a friend, family member, teacher or another trusted adult.



Do not fight online

Don't engage or try to get back at them — it can make things worse.



Do not reply when heated

Take a pause. Wait until you're calm before responding (if you reply at all).



Tell a trusted adult

Let a parent, caregiver, teacher, counsellor or another trusted adult know what's happening.

Getting help is a strong move. ♥

You don't have to handle this on your own. ♥

3 For cyberbullying

If it's happening online, here's what you can do:



Screenshot it

Take clear screenshots of the messages, posts or comments.



Save usernames

Keep a record of the person's username, profile and dates.



Block

Block the person so they can't contact you.



Report

Report the content on the app, game or platform.



Tighten privacy settings

Check your privacy settings and limit who can see or contact you.



Log off if needed

If it's getting overwhelming, it's okay to take a break and log off.



Your mental health matters too. ♥

4 What helps

These things can make a real difference:



Support

Talk to people who care about you — friends, family, teachers, or a counsellor.



Keep evidence

Save screenshots, messages or anything that shows what's happening.



Don't deal with it alone

It can feel scary, but you're stronger with support.



Choose safe peers

Spend time with people who lift you up and treat you with respect.



Use school supports

Tell a teacher, school counsellor or administrator. Most schools have anti-bullying policies and can help.

Real friends treat you with kindness, not cruelty. ♥



There are people who have your back. ♥

5 What not to do

These might feel tempting, but they can make things harder:



Do not retaliate

Fighting back or posting something mean can escalate the situation and get you in trouble too.



Do not keep it a secret

If it's ongoing, tell someone. It's not "snitching" — it's getting the help you deserve.



Do not blame yourself

Bullying is about the other person's choices, not your worth. You did nothing to deserve it.

It's not your fault. You are not alone. ♥

6 When it is urgent

Get immediate help if you experience:



Threats

Threats to hurt you, your friends, or your family.



Stalking

Someone repeatedly following, watching, or contacting you (online or in person).



Sharing sexual images

Someone sharing or threatening to share sexual photos or videos of you.



Talk about self-harm

If someone is talking about hurting themselves.



Physical safety risk

If you feel unsafe or think you (or someone else) might be in danger.

Your safety matters most. Reach out right away. ♥

"You are braver than you think, stronger than you know, and you can get through hard things. ♥"