

The right reflexes against cyberbullying

1. Do not react emotionally

- ☐ Do not respond impulsively to violent, mocking, or threatening messages.
- ☐ Avoid any form of verbal escalation or justification.
- ☐ Remember that the perpetrator is often seeking an emotional reaction.

2. Capture the evidence

- ☐ Take screenshots of messages, comments, posts, or images received.
- ☐ Record the dates, times, usernames, and platforms used.
- ☐ Keep all evidence in a secure folder, even if it is emotionally difficult.

3. Block and report

- ☐ Use blocking features on social media or messaging apps (Instagram, Snapchat, WhatsApp, Discord, etc.).
- ☐ Report content or profiles using the options provided on each platform.
- ☐ Most networks have a reporting center that you can access in just a few clicks.

4. Talk to a trusted person

- ☐ Do not stay alone: talk to a trusted adult, a teacher, a relative, or an HR manager.
- ☐ In a school or workplace setting, contact the harassment officers or management.
- ☐ An outside perspective often helps to take a step back and act effectively.

5. File a complaint or report to the authorities

- ☐ Cyberbullying is punishable by law (up to 3 years in prison and a €45,000 fine in aggravated cases).
- ☐ In cases of threats, identity theft, or sharing of intimate content: file a complaint or use the reporting portal.

6. Request the removal of content

- ☐ You can request the removal of harmful content concerning you from:
 - ☐ From the author,
 - ☐ From the platform concerned,
 - ☐ Or by seeking support from an organization

7. Protect yourself emotionally

- ☐ Seek support from a professional if the situation feels overwhelming (psychologist, helpline, etc.).
- ☐ Temporarily turn off certain notifications to protect your mental balance.
- ☐ Remember that what you are experiencing is not your fault.

8. Prevent to avoid suffering

- ☐ Strengthen the privacy settings on your accounts.
- ☐ Decline unknown contacts, and check who can comment, tag, or message you.
- ☐ Use different usernames on sensitive platforms.