Hamilton K-8

CYBER Bullying



Counselors: Ms. Leggins

&

Counselor: Mr, Williams

**Hamilton Contact Info: (901) 416-7832**

**IF being Bullied….**

1. Tell someone. This might be a parent, teacher, friend's parent, or an older brother or sister.
2. Don't open or read messages by cyber bullies.
3. Tell your school officials or teacher if it is school related.  Schools have a bullying plan in place.
4. Don't erase the messages from a cyber bully, they may be needed to take action.
5. Stay protected and never agree to meet with a bully, or with anyone, you meet online.
6. If bullied through chat or instant messaging, the bully can often be blocked.

**By: Demya White**

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