

RULES FOR SAFE COMMUNICATION IN SOCIAL NETWORKS:

how to protect yourself from cyberbullying

RIGHT:

- ✓ **Protect your accounts.**
Think of strong passwords for each social network.
Turn on two-factor authentication.
- ✓ **Protect personal information.**
Do not post personal information publicly.
Doubt and NOT trust strangers.
DO NOT click on links or download files sent by unknown people. Anyone can hide behind their accounts.
- ✓ **Control your social circle.**
Prevent "outsiders" from viewing and commenting on published content, including photos and posts.
- ✓ **Influence content.**
If someone behaves aggressively and offensively in a group chat, feel free to complain to moderators about these users. If you are attacked, take advantage of the Black List.
- ✓ **Publish only those posts and comments for which you will NOT be ashamed or embarrassed later.**
Ask yourself this question before posting:
"How will I feel if this post is seen by someone important to me who I like and whose opinion I respect?"

НЕПРАВИЛЬНО

- ✗ Continue an unpleasant dialogue, make excuses, explain or prove.
- ✗ Insult and show reciprocal aggression.
- ✗ Hide that you are being offended, close up, blame yourself for what is happening.
- ✗ Agree to the terms and conditions of the offender in the hope that he will leave you alone.
- ✗ Engage in "for fun" or "for company" information distribution that humiliates another person.
- ✗ Be a witness to violence and stay away.
- ✗ Dropping out of school and what you love because of cyberbullying.





WHAT SHOULD I DO IF I AM A VICTIM OF CYBERBULLYING?

- ❑ First of all, remember that what happened is NOT your fault! Anyone can become a victim of cyberbullying.
- ❑ DO NOT respond to offenders! Ignore messages and quickly end the conversation.
- ❑ Try to keep calm. If you're really worried, close your laptop
- ❑ put your phone aside. Take 5-7 deep breaths and smooth exhalations.
- ❑ Think about who you can talk to about what happened.
- ❑ If they offend on social networks, block the offender, set the privacy settings.
- ❑ If they offend in messengers, block the numbers of the offenders and complain administrators, prohibit conversations with those who are not in your Contacts.
- ❑ If bullying occurs in chat rooms, get out of "toxic" chats, or set up privacy settings so no one can add you to group chats.
- ❑ If bullying continues, collect evidence, record the fact of threats and insults in the form of screenshots, audio and video recordings.
- ❑ Ask for help. Talk to adults you trust.

IF YOU DO NOT SUCCEED IN SOLVING THE SITUATION INDEPENDENTLY - ADDRESS OUR SPECIALISTS.

E-mail: include@grainsofgood.com

