

 MediaLiteracyCouncilSG
www.betterinternet.sg

BE KIND

HOW TO STAY SAFE FROM CYBER-BULLIES



DO WHAT'S RIGHT ONLINE

-  **THINK**
before you post
-  **RESPECT**
others
-  **STAND UP**
for what's right



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SG:D | GET READY!

 **CHECK
Please!**
Be Safe. Be Smart. Be Kind.



Before we react, **CHECK PLEASE!**

There are several steps you can take to keep yourself protected from cyber-bullies. Learn how to stay safe on the Internet with these tips.

01 KEEP YOUR PERSONAL DETAILS PRIVATE

To avoid cyber-stalkers and online harassment, be mindful of the things you post online. Control the privacy settings on your social media so that only people you know and trust can view your account.

02 STAY DRESSED

Avoid taking or sending explicit photos or videos of yourself to others. Accidentally or maliciously, it may reach someone you did not intend it for.

03 LOG OFF FROM YOUR ACCOUNTS

Make a habit of logging off from your accounts when you step away from your digital devices, like your phone or laptop, even for a short period of time. This prevents others from using your account and accessing the information on it.

04 PROTECT YOUR PASSWORDS

Use secure passwords that are difficult to guess and crack. One tactic of cyber-bullies is to use the victim's online identity to message their friends.

05 STAY CALM

Cyber-bullies often post rude and untrue statements to hurt and bait you into responding. In these situations, it is important to stay calm. Block the cyber-bully, report the offensive material to have it removed, and report their account to the social media site directly with screenshots of the cyber-bullying posts or messages as proof.

