If you feel like you are being bullied:

- Don't open or read messages from cyber bullies.

- Tell a teacher or administrator at your school if it is school related.

- Don't erase the messages ~ they may be needed to take action.

- Protect yourself: Never agree to meet face to face with anyone you meet online.

- If bullied through chat or instant messaging, the "bully" can often be blocked.

- If you are threatened with harm, inform the local police.