

How to Silence a Cyberbully

If you are being harassed online, this worksheet will help you weigh the pros and cons of several options.



1 IS IT REALLY BULLYING?

Ask yourself: 'Am I truly being harassed, humiliated, or threatened by someone online?' What seems like bullying may just be a two-sided argument.



NO



YES

Read the following scriptures, and think about how you can apply the principles they contain.

PROVERBS 17:9

COLOSSIANS 3:13, 14

1 PETER 4:8

ACTION PLAN



2 HAVE YOU RETALIATED?

For example, have you got involved in a “flame war” —a heated dispute that contains insulting language on both sides of the conversation?

☐ YES

☐ NO

Read the following scriptures, and think about how you can apply the principles they contain.

PROVERBS 26:20

ROMANS 12:17

ACTION PLAN

3 WEIGH YOUR OPTIONS



OPTION 1

Ignore the cyberbully.

What might happen if you simply ignore the bully's messages?

PROS

CONS





OPTION 2

Send a firm but nonemotional message to the bully.

What might happen if you tell the cyberbully to stop?

PROS

CONS



OPTION 3

Talk to a parent—in fact, get your parents involved from the start.

What might happen if you tell one of your parents about what is happening?

PROS

CONS



OPTION 4

Tell a teacher or a counselor at school.

What might happen if you report the bullying to your school?

PROS

CONS



OPTION 5

Report the problem to the website, service provider, or cell phone company that the cyberbully is using.

What might happen if you file a complaint?

PROS

CONS



OPTION 6

Report the problem to the police.

What help might you get if you report the problem to the police?

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ACTION PLAN
