Hi my friends! It’s Buddy and I am so happy you’re here! Isn’t it nice having friends? You can always count on friends to have your back. Sadly, some people aren’t so nice. Do you know what cyber bullies are? Hopefully, you have never dealt with one yourself! It is important to know who they are so we can stand up to them safely.

Cyber bullies are people who harass others online. Harass is just a fancy word for someone who is mean to others. It is important to treat everyone online with respect. Still, not everyone online follows this rule.

So what should you do if you or someone you care about is being bullied online? If you feel comfortable and safe, ask the bully to politely stop. If speaking up seems too hard, find an adult right away and explain what’s going on. Whatever you do, never keep your feelings inside. It is important to talk to an adult you trust.

If you see someone else being bullied online, be kind to them. If you just stay quiet, things could get worse. Stop bullying in its tracks and stand up for others.

If you are being the cyber bully, talk to an adult who can help you find ways to be kinder to others. If you have hurt someone in the past, apologize. This will make everyone involved feel so much better. I am so happy we had this talk! Your pal Buddy is always here for you!