

Cyberbullying: detect and react

The signs, the first words and the reaction order — to keep before you need it.

THE 5 REFERENCE POINTS

1

The signs that alert you

Mood changing after the phone, social withdrawal, disturbed sleep, new secrecy, abandoning the screen or checking it anxiously.

2

Listen without confiscating

Taking a bullied young person's phone = double punishment, and a guarantee of silence next time. It's the golden rule.

3

Document before blocking

Screenshots of messages, accounts and dates first — then block. The evidence conditions everything else.

4

Report on three fronts

The platform (anonymous reporting) · your country's youth helpline (FR 3018 · ES 017 · BG safenet.bg) · the school if classmates are involved.

5

Never retaliate online

Retaliation feeds the fire, exposes itself to screenshots and muddies responsibilities. The message to pass on.

The first words — in this order

1. "You did the right thing telling me."
2. "This is not your fault."
3. "You won't be punished, we won't take your phone."
4. "We'll sort this out together." — and keep your word.

The double punishment (bullied, then phoneless) is what guarantees silence.

Make it stop and repair

Helplines advise parents as much as young people, and can help get content taken down.

In many countries, serious online harassment is a criminal offense — evidence in hand, reporting is legitimate.

If the wound persists (withdrawal, anxiety): a professional, without drama — it's care