

# HOW TO PROTECT YOURSELF FROM CYBERBULLIES

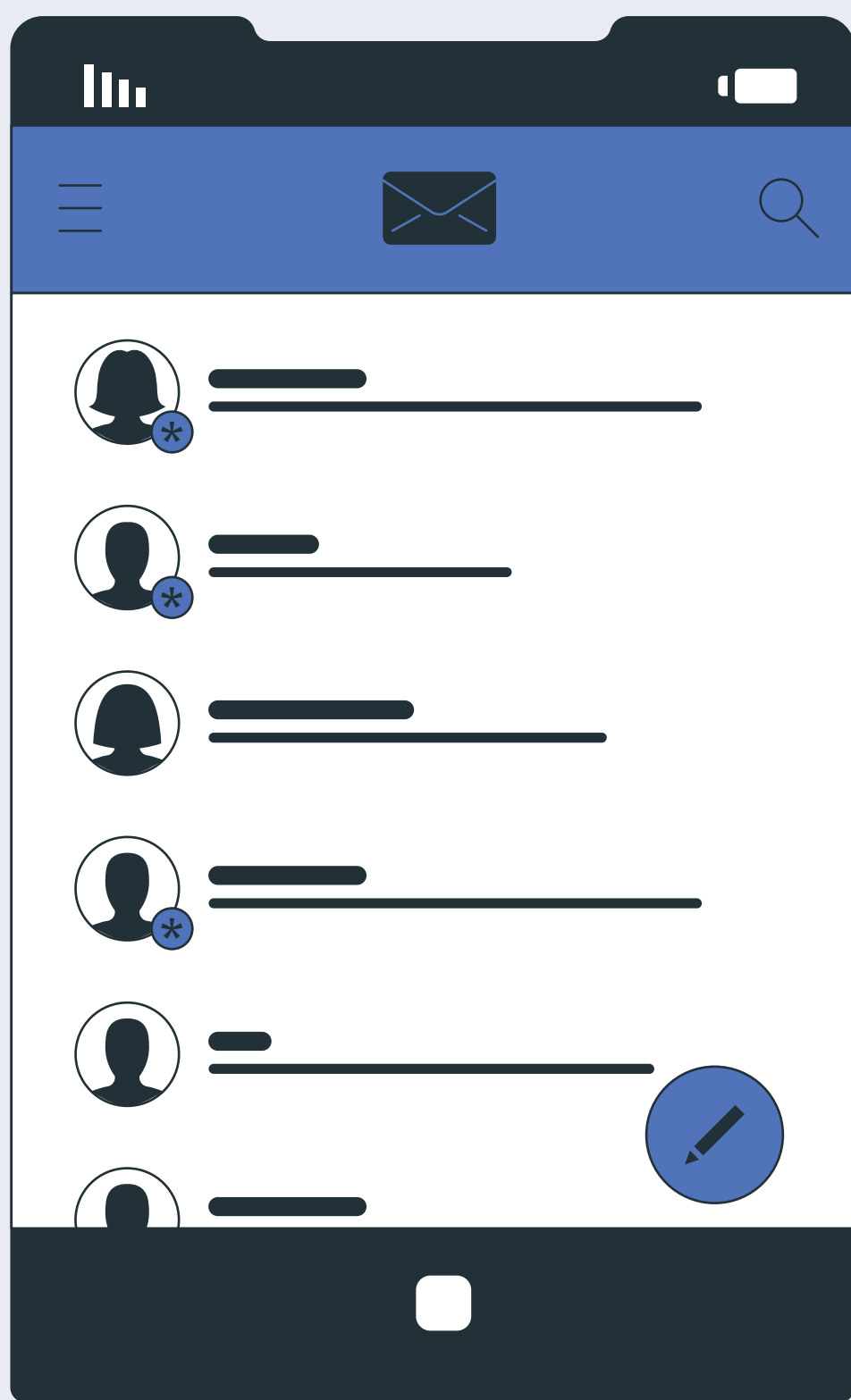


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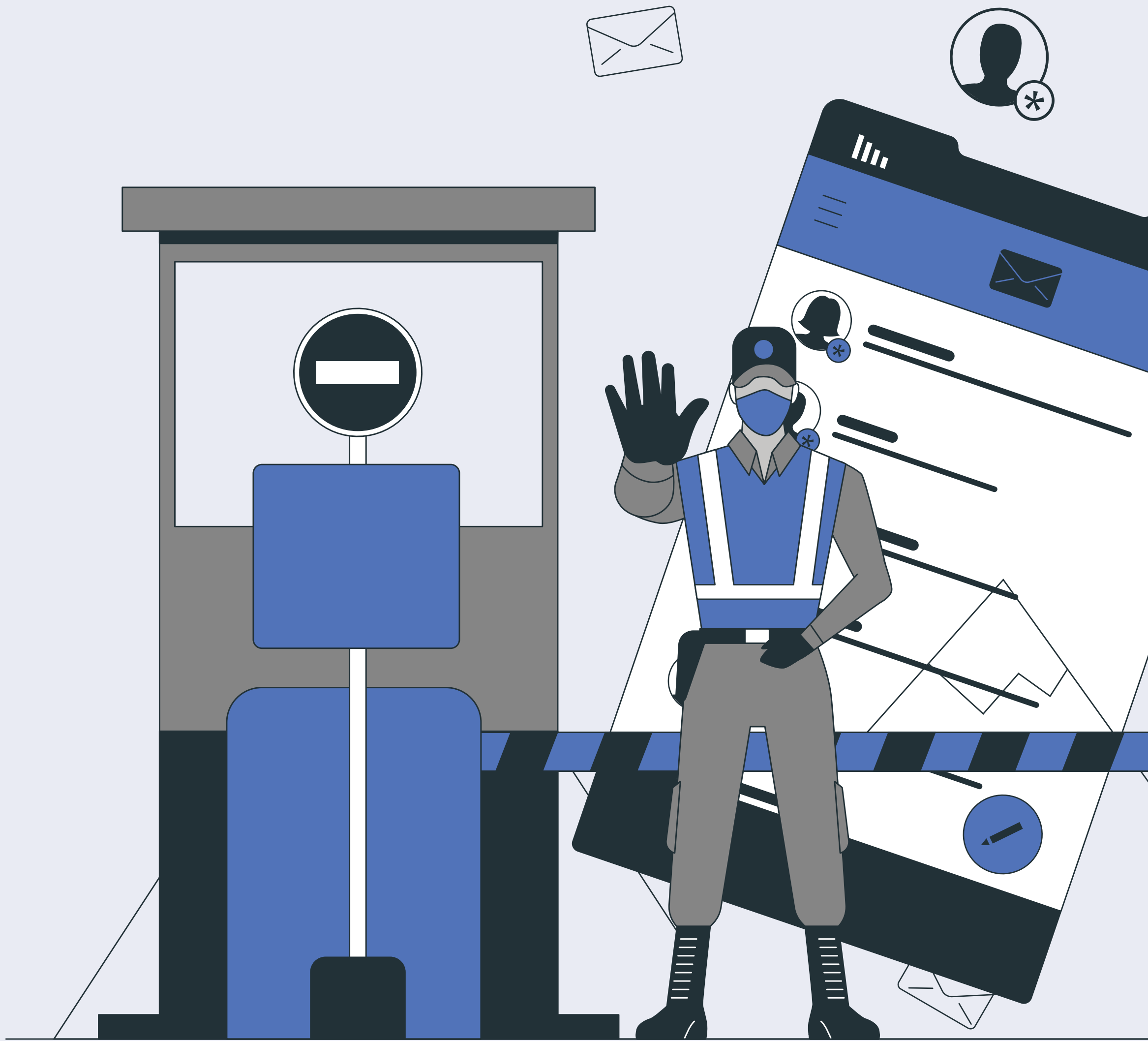
# STEP 1.

## DOCUMENT THE ACTIVITY

Keep a record of any online activity (emails, web pages, instant messages, etc.), including relevant dates and times.



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## STEP 2

# LIMIT AVAILABILITY OF PERSONAL INFORMATION.

Limiting the number of people accessing your contact information, interests, habits, or employment reduces exposure to bullies.



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## STEP 3.

# AVOID ESCALATING THE SITUATION

Responding with hostility is likely to provoke a bully. Depending on the circumstances, consider ignoring the issue. Bullies thrive on the reaction of their victims.



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# FOR MORE INFORMATION



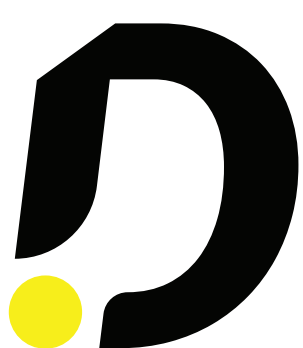
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[INFO@SAFETYCOMM.ORG](mailto:INFO@SAFETYCOMM.ORG)



Report cyberbullying to the appropriate authorities or platforms. Cyberbullying is not only hurtful but also illegal. If you're being bullied, don't suffer in silence.



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## ABOUT SAFETYCOMM

SafetyComm is a platform that works on combating cyber threats to citizens in South Sudan by providing a support system to mitigate harmful cyber trends. SafetyComm supports victims of online harm, creates awareness, and provides capacity building to various governmental, non-governmental, and private sector actors in South Sudan.

Established in 2021 by #defyhatenow and funded by the National Communication Authority, SafetyComm has supported over 250 cyber incidents to date.

SafetyComm operates the only publicly available cyber support Centre, which continues to act as a vital support line to citizens and institutions in the country.

[www.safetycomm.org](http://www.safetycomm.org)

[info@safetycomm.org](mailto:info@safetycomm.org)

## ABOUT #DEYHATENOW SOUTH SUDAN

DHN is a national organization that works on promoting digital rights and creating a framework for increasing trust between stakeholders and communities in Africa through mobilizing civic action against all forms of hate speech, misinformation, human rights violations, and incitement to violence; with an operational base in Juba, South Sudan

[www.defyhatenow.org](http://www.defyhatenow.org)

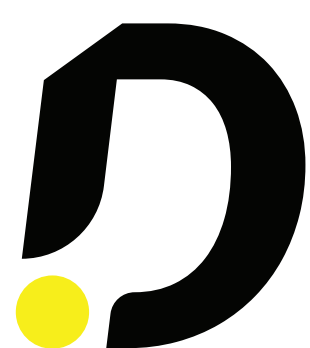
[southsudan@defyhatenow.org](mailto:southsudan@defyhatenow.org)

## ABOUT NCA

NCA is the National Telecommunication and ICT regulator in South Sudan, established by an act of parliament and mandated by the Government of South Sudan to facilitate access to affordable quality ICT services through a conducive environment to enable accelerated socio-economic development in the country. NCA is currently headquartered in Juba, South Sudan, and has operations in the ten states of South Sudan and the three administrative areas.

[www.nca.gov.ss](http://www.nca.gov.ss)

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