

I say **#stop** and I act

I am a victim, what should I do?

Don't stay alone: talk to a trusted adult (parent, teacher, school nurse, etc.).

Don't blame yourself: it's not your fault, you did nothing to deserve this.

Keep evidence: messages, screenshots, testimonies, etc.

Surround yourself with caring people who support you.

Report the incidents: to the school, middle school, or via Netethic (free, anonymous, and confidential).