

INCIDENT LOG

Student _____ School _____ Adult helping _____

BEFORE YOU BLOCK OR REPORT

- ☐ Screenshot the messages or posts, with usernames, dates, and times showing.
- ☐ Copy links to the posts or profiles.
- ☐ Note who else saw it or was involved.
- ☐ Then block or mute, and report it in the app.

WHAT HAPPENED

DATE AND TIME	APP OR PLACE	WHO (USERNAME)	WHAT HAPPENED	SAVED?	REPORTED TO, AND WHEN

WHERE TO REPORT

- The app or game: use its Report button on the post, message, or profile.
- School: NMRSD has school-specific bullying report forms at nmrsd.org, under For Families, Bullying Prevention. Report it even if it happened off campus.
- Sexual images of anyone under 18, or an adult asking a child for images: NCMEC CyberTipline, report.cybertip.org or 1-800-843-5678. Don't save or forward the images.
- Danger right now: call 911. Mental health crisis: call or text 988.