

# SAMPLE APOLOGY LETTERS FOR CYBERBULLIES

*Has your teen recently participated in malicious cyberbullying behavior? Are you a parent or a school counselor helping a teen apologize for cyberbullying? If either of these are the case, it's time to apologize. An apology letter can help a victim of cyberbullying with the healing process. Although teens unfortunately can't turn back time, they can admit to their mistakes.*

## Sample Letter #1

Dear Marissa,

I am very sorry for my unacceptable behavior. It was wrong and I should not have done what I did. I truly regret my actions. I sincerely apologize. I know that no one deserves to be treated that way. I understand my behavior was very hurtful to you. I promise never to bully you again and I will not participate in any cyberbullying in the future. I am sorry for my mistakes and poor choices.

Sincerely,  
Jenna

## Sample Letter #2

Dear Joey,

I am writing this to apologize for my behavior. It was wrong and I am truly sorry that I cyberbullied you. I regret my poor choices and I will not let it happen again. I know that this behavior was very harmful. There is no excuse for what I did and I hope that my actions will not continue to cause you pain. I know that cyberbullying is very wrong, and I promise not to participate in any further cyberbullying behavior.

Please accept my apology,  
Ed

## Sample Letter #3

Dear Jenni,

I am truly remorseful for being a cyberbully. I am sorry and I know that it was wrong. I sincerely regret my actions and poor choices. I know that I cannot undo the harm I have caused you. I wish I had never done it. There is no excuse for my behavior. I can assure you that I will never cyberbully you again and will never participate in any future cyberbullying.

I'm sorry,  
Michael

*Please note that it is not necessary for the cyberbully to recount actions in the letter. In fact, it's best to avoid doing so, as it can cause more pain for the recipient. The letter should simply apologize for the behavior and respectfully convey that it was wrong. These sample apology letters are not meant to be copied word-for-word, but to help in writing a letter. An apology letter should be handwritten and it can be mailed or given in person.*

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