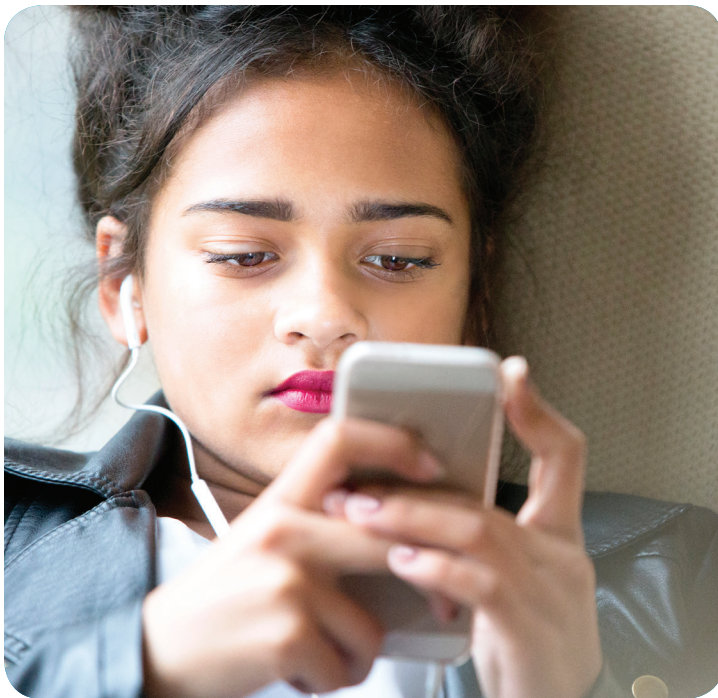




What You Need To Know

Teens > Cyberbullying



WHAT IS CYBERBULLYING?

Cyberbullying is when someone uses technology to intimidate, hurt or embarrass someone on purpose.

It's so common that you, or someone you know, may have already been involved in it — whether as a target, a bystander or as the person cyberbullying others.

HERE ARE SOME EXAMPLES OF CYBERBULLYING:

- sending cruel or threatening emails or messages
- posting photos or comments that will embarrass someone
- creating a website to make fun of someone
- posting insults on someone's social media
- making up fake accounts on social media to ridicule others
- spreading secrets or rumours about people online
- harassing other players in online video games
- recording someone secretly and sharing it on social media

BYSTANDER OR PARTICIPANT?

If you “like” an abusive comment, pass along a link to cruel content or circulate embarrassing photos, you stop being a bystander and become an active participant in cyberbullying.

“It’s a horrible feeling knowing somebody doesn’t like you and that they’d make stuff up about you.”

~ Real quote from KidsHelpPhone.ca

CONNECT WITH KIDS HELP PHONE

If you need one-on-one time with someone who gets what’s going on in your life, you can connect anonymously with Kids Help Phone. Our counsellors are available 24 hours a day, seven days a week to support you with whatever you’re going through.



CALL Kids Help Phone at 1-800-668-6868.



LIVE CHAT at KidsHelpPhone.ca.



DOWNLOAD THE ALWAYS THERE APP to chat for free on your iOS or Android device.

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ARE YOU A TARGET?

Cyberbullying hurts. What can I do?

1. Stop

You may feel like being mean back, but it's better not to. Take a breath and count to ten.

2. Save

If it's a message or email, don't delete it. Take a screenshot so you have a copy to show someone.

3. Tell

It's important to tell someone you trust about what's happening, especially if it continues. If you're being threatened, it's important to contact the police.

4. Block

Block the person who sent the message.

How do I tell someone?

Talking is the first step in getting the help you need to solve this problem.

- Think about how you're feeling right now, and what would be most helpful. Once you know, it'll be easier to pick who to talk to first.
- Tell the person you talk to what it is you need from them. If you really just need someone to listen, tell them that.
- If you're ready to report the cyberbullying and need help doing so, be very clear that it's what you want. Ask the person you talk to what they think the first step should be. For example, learning about your school's bullying prevention policy is a good place to start.
- If the first person you talk to isn't helpful, tell someone else. It sometimes

takes a few tries before you find someone who knows how to help.

- Contact the police if you're being physically threatened or if you feel like your safety is in danger.

STAYING SAFE

- Keep your passwords private, even from your friends.
- Learn about privacy settings and reporting features on social media.
- Be mindful of what you post and share online.

ARE YOU A BYSTANDER?

Any time you read an abusive comment, look at an embarrassing photo of someone or follow a link to a website designed to abuse or embarrass someone, you're a bystander.

Here is why bystanders can make a difference:

- Speaking out against what's happening by telling the person it's not OK can motivate them to stop.

If you feel that it's safe to do so, you can address the behaviour by messaging the person who's cyberbullying. Let them know that what they're doing is wrong or that you're upset by it.

If the content is on social media, you can report the post as inappropriate and ask for it to be taken down.

ARE YOU CYBERBULLYING?

If you've ever sent a cruel text, posted something embarrassing of someone else or said something mean online, you've cyberbullied.

WHY DO I DO IT?

- Some people believe that what they're doing is harmless or "just a joke."
- Cyberbullying can make a person feel powerful or popular — especially if others seem to think it's funny.
- People who've been bullied themselves will sometimes cyberbully as a way of getting back at the people who hurt them or to feel powerful over others.
- Groups of people sometimes egg each other on — when a group of people cyberbully together it can get severe very quickly.

HOW DO I STOP?

- **Talk to someone:** let someone you trust know that you're trying to be less aggressive online.
- **Spend less time online:** use your device in a more public space or limit your access.
- **Take time:** give yourself a minute before you post something online. Ask yourself, "Is this appropriate?" "Will I hurt someone?" "Would I be OK if someone said this about me?"

Remember, no one deserves to be cyberbullied, and no one should have to go through it alone. If you're really upset and don't know what to do, you can always contact a professional counsellor at Kids Help Phone.



If you're a young person who's struggling with a problem, big or small, you can always contact Kids Help Phone. We're free, anonymous, confidential and available 24/7.

1-800-668-6868

KidsHelpPhone.ca

Download our free chat app.