

CKNW KIDS' FUND PINK SHIRT DAY

CYBERBULLYING

is using online and mobile technology to harm other people, in deliberate, repeated & hostile manner

FOUR STEPS TO STOP CYBERBULLYING

STOP: Don't try to reason with or talk to someone who is cyberbullying you.

BLOCK: Use the block sender technology to prevent the person from contacting you again.

TALK: Tell a trusted adult, inform your school, use a help line and/or report it to police.

SAVE: Save any instant messages or emails you receive from the person bullying you, or capture any comments or images that have been posted online.

FACTS

- 1.** 2/3 of youth have faced bullying over their cell phones or online.
- 2.** Three out of ten bullied students reported missing school at least once during the year because of cyberbullying.

YOU ARE NOT ALONE, ASK 4 HELP

Talk about it with someone you trust and try to find a healthy way to change what is happening or how you react to it.

Call a help line – reaching out to a counsellor in an anonymous way can help make talking about it easier.

KidsHelpPhone t. 1-800-668-6868
e. kidshelpphone.ca



Information provided by
redcross.ca/respecteducation
Preventing Bullying