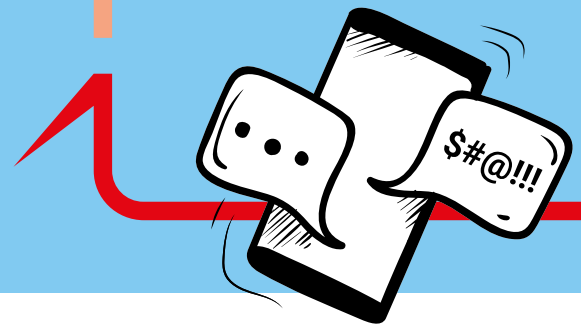# [Cyberbullying]

What it is and how to stop it
For youth aged 12-13 years old

[What is cyberbullying?]

You've learned about bullying and how it's wrong. This is the same idea, except it happens online. When someone is mean or tries to threaten, hurt or embarrass someone online, that's cyberbullying. It can be:

- Making fun of someone or calling them names
- Sharing an embarrassing or sexual image of someone
- Spreading hurtful gossip, secrets, rumours or lies
- Excluding someone from a group chat on purpose
- Ganging up on someone in a video game

[Where does it happen?]

Cyberbullying can happen anywhere you talk to other people online.
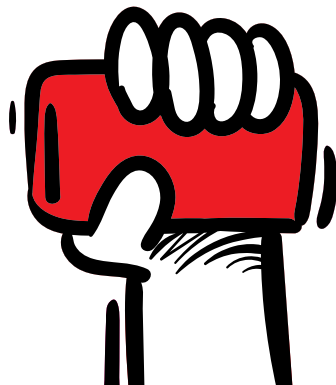
Social media and apps

Multiplayer games

YouTube and live-streaming

Text, chat or IM

Email

[How can it affect you?]

Cyberbullying can be very harmful because there is no safe zone. It can reach you anytime and anywhere, even at the dinner table or in the privacy of your bedroom — and can quickly be seen by a lot of people. It can make you:

- Feel alone, sad, scared, frustrated or angry
- Feel badly about yourself, your friendships, and your life
- Want to avoid school, activities or anywhere else people may know you
- Possibly want to harm yourself

[What can you do about it?]

To prevent cyberbullying:

- Don't send or post anything that might hurt someone else
- Treat everyone you meet online with respect

If you are being cyberbullied:

- Don't reply or respond with nasty messages
- Block or break off contact with the person
- Talk to your parents or a safe adult
- Report it to an adult, your school, the site or app, or the police

If you see someone else being cyberbullied:

- Do not like or share messages — it can make things worse
- If you know the bully, tell them that cyberbullying is not okay
- Let the person being cyberbullied know you are there and you care
- Talk to an adult you can trust so they can help you deal with it

[#StopCyberbullying]

Learn more at Canada.ca/cyberbullying