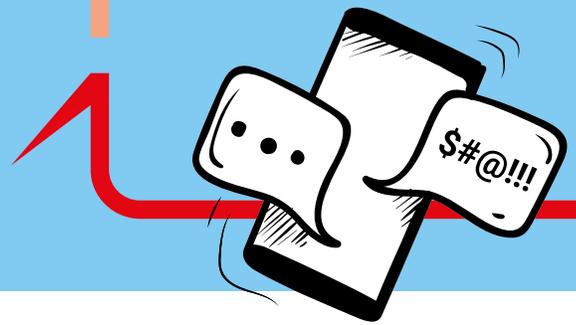


[Cyberbullying]

What it is and how to stop it
For youth aged 14-15 years old



[What is cyberbullying?]

You already know what bullying is – this is the same idea, except it happens online. When someone is mean or tries to threaten, hurt or embarrass someone else online, that's cyberbullying. It can be:

- Making fun of someone or how they look
- Sharing an embarrassing or sexual image of someone
- Threatening, harassing, excluding or ganging up on someone
- Spreading hurtful gossip, secrets, rumours or lies
- Creating a poll that makes someone look bad

[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 does 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.

If you're being cyberbullied, you may:

- Feel isolated, alone, scared, or hopeless
- Feel badly about yourself, your friendships, and your experiences
- Have trouble eating, sleeping or performing well at school, activities or work
- Try to harm yourself or even attempt suicide

Those who cyberbully may:

- Damage their friendships and reputations
- Face legal consequences
- Limit their future opportunities

[What can you do about it?]

To prevent cyberbullying:

- Do not send or post anything that might hurt someone else
- Treat everyone you meet online with respect
- Assume everything you post (including pictures) is public
- Learn about your privacy settings and do not share passwords
- Do not share personal information or naked photos of yourself or others

If you are being cyberbullied:

- Do not reply or respond with nasty messages
- Talk to your parents or a safe adult
- Block or break off contact with the person
- Report it to an adult, your school, or the site or app
- Go to the police if you feel physically threatened or a crime has been committed
- Get help having pictures removed at NeedHelpNow.ca

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 with you
- 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



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