



# [Cyberbullying]

What is it and how to stop it

For youth aged 12-13 years old

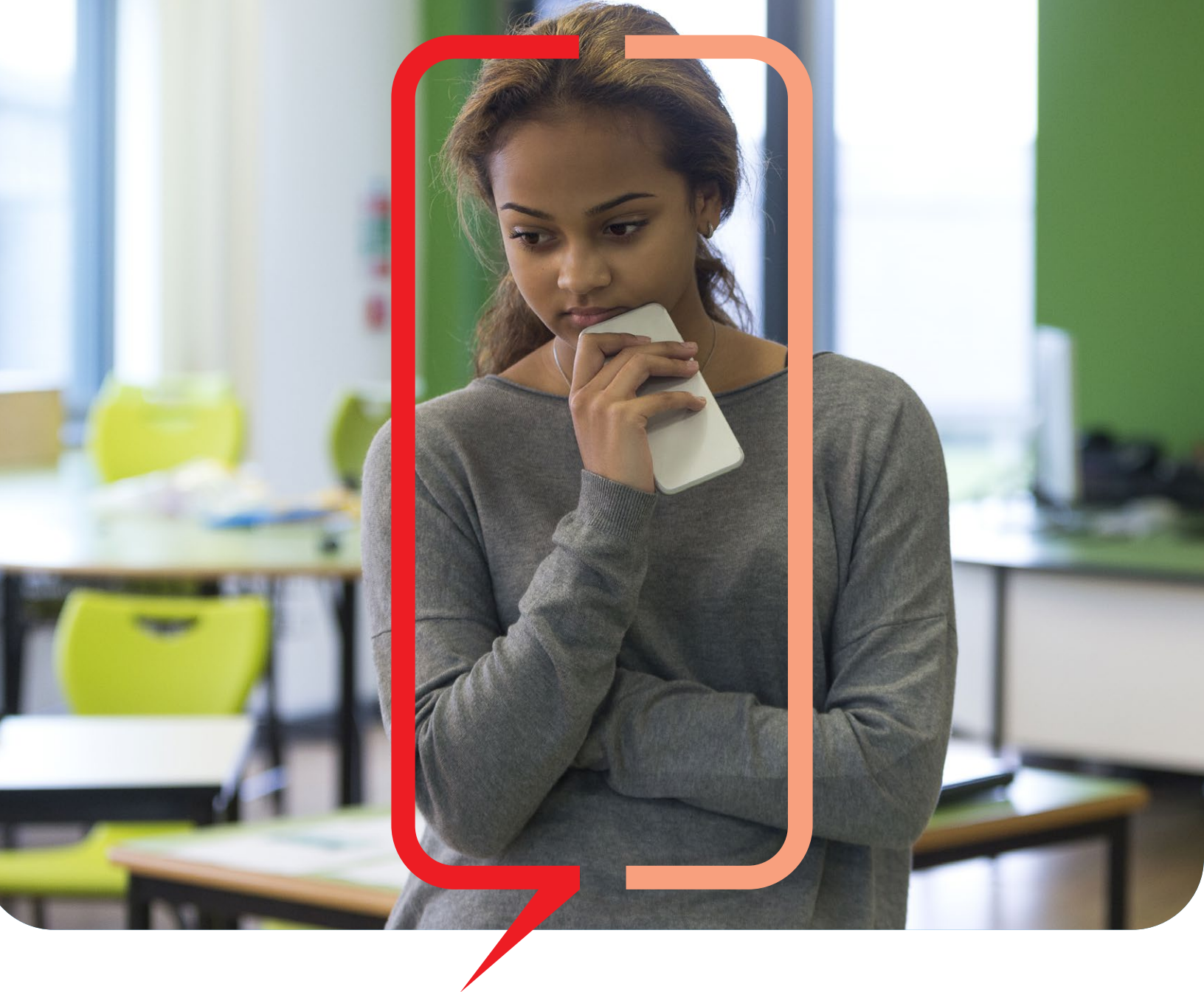
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## **[Together, we can #StopCyberbullying]**

Between schoolwork, chatting with friends, and keeping up with your hobbies, there's a good chance you spend a lot of time online. You might even have a device of your own, like a cell phone or laptop.

If you're active online, you've probably seen or heard of someone being cyberbullied, or maybe you've even been the target of it yourself. And while it might seem harmless at the time, cyberbullying can be really scary. Here's what you can do to protect yourself and take action if it ever happens to you or someone you know.





nearly  
**[ 3 in 4 ]**  
youth

**believe cyberbullying  
is a serious problem for  
young people in Canada**

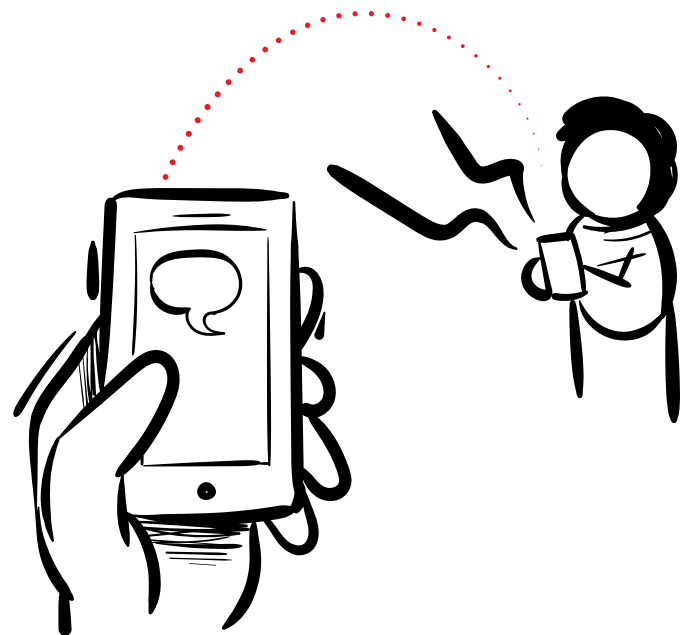
Source: Cyberbullying Public  
Awareness Research,  
Environics Research Group, 2019.

## **[ 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



# [ How can it affect you? ]

Cyberbullying can be very harmful because there is no safe zone. It can reach you anytime and anywhere, 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



# [ Where does it happen? ]

Cyberbullying can happen anywhere you talk to other people online.



Social media  
and apps



Email



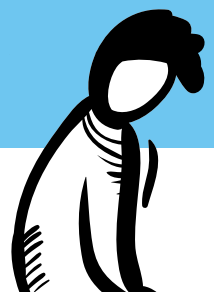
Multiplayer  
games



YouTube and  
live-streaming



Text, chat  
or IM





## [ 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

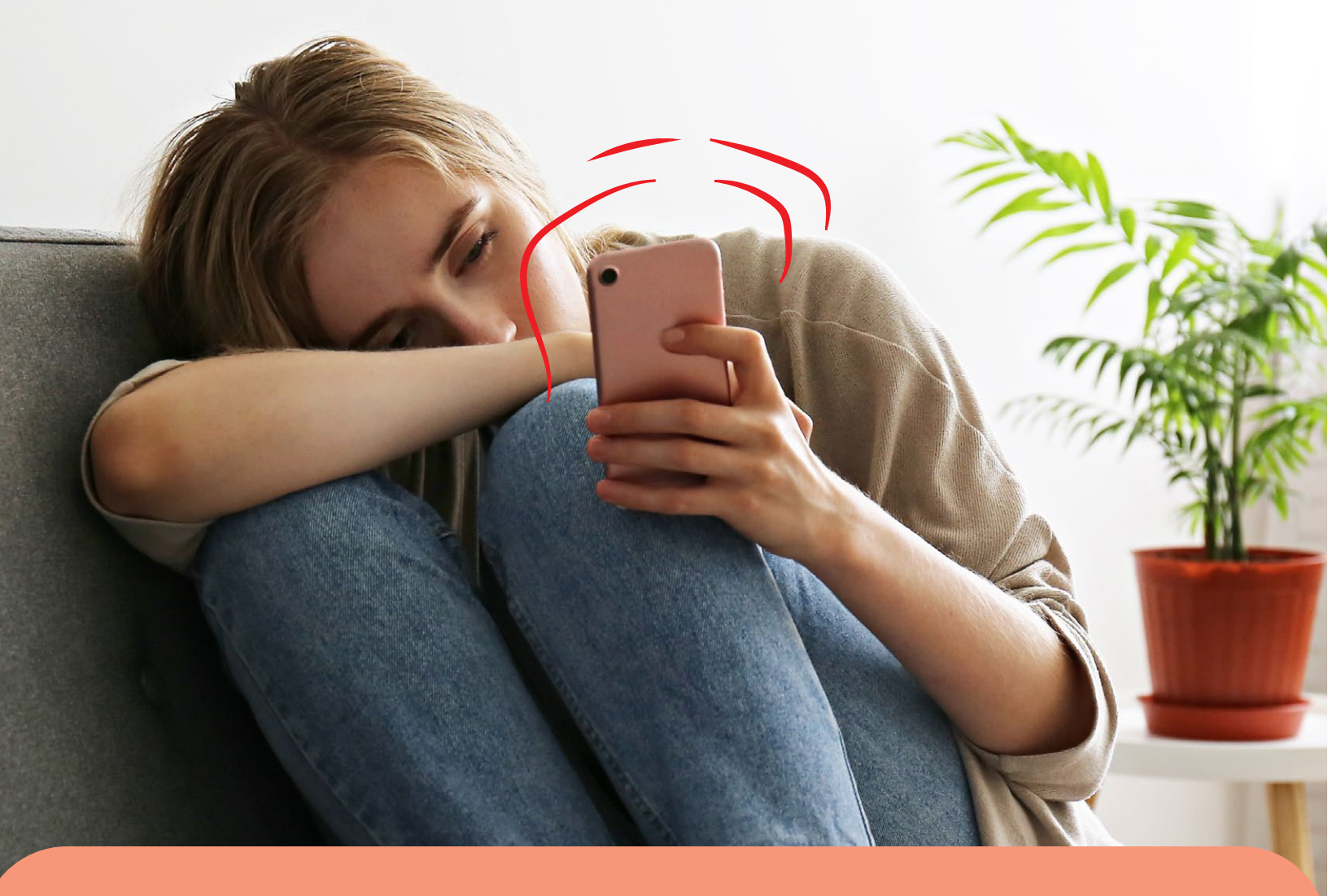
### **If you are being cyberbullied:**

- Don't reply 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





## [ What is your online reputation? ]

**Just like your reputation at school or home, your online reputation is how other people see and think of you based on what you say and do – and it may affect how people treat you.**

### **How is it formed?**

When you're online, you leave a record of what you do and say for others to see. Things that can form your online reputation include:

- The stories, videos and pictures you post or share
- What you like or dislike and agree or disagree with
- Comments and posts you make about yourself and others
- Comments and posts other people make about you

## [ How can it affect you? ]

If your online reputation is good, it can help you find friends, connections, and future opportunities. On the other hand, if it includes mean, hurtful, or embarrassing things, it can:

- Make others think less of you
- Make you feel alone or that others don't like you
- End or change your friendships
- Open the door to mean comments or cyberbullying
- Limit your future opportunities



## [ How can you protect it? ]

There are many ways to improve and protect your online reputation:

- Think twice before you post: Is what you're doing going to make fun of or hurt someone?
- Assume everyone will see it: What you put on the internet may not stay private, so how would you feel if your friends, parents or teachers saw it?
- Protect your privacy: Use privacy settings on social media and don't share your passwords with anyone
- Know who your friends are: Be careful who you accept, shorten your friends list, and restrict access for friends of friends and the public
- Ask for help: If you made a mistake or are worried, feel threatened, or are being cyberbullied, talk to your parents or another adult you can trust

# [ Resources ]

**You don't have to deal with cyberbullying alone.  
Here are some resources you can use if you need help:**

## **Kids Help Phone**

Free, 24/7 confidential counselling, information, referrals and support service for young people.

**KidsHelpPhone.ca**

**Text 686868**

**Call 1-800-668-6868**

## **NeedHelpNow.ca**

Need Help Now helps you remove sexual images or videos of yourself that have been posted online and provides you with tips and support if you are being cyberbullied or if you are helping a friend who is going through it.

**needhelpnow.ca**



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