



# [Cyberbullying]

What is it and how to stop it

For youth aged 14-15 years old

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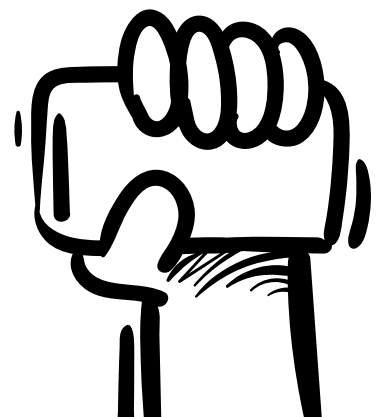
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## **[Together, we can #StopCyberbullying]**

If you're active online, you've probably seen or heard of someone being cyberbullied, or maybe 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 protect yourself and take action if it ever happens to you or someone you know.



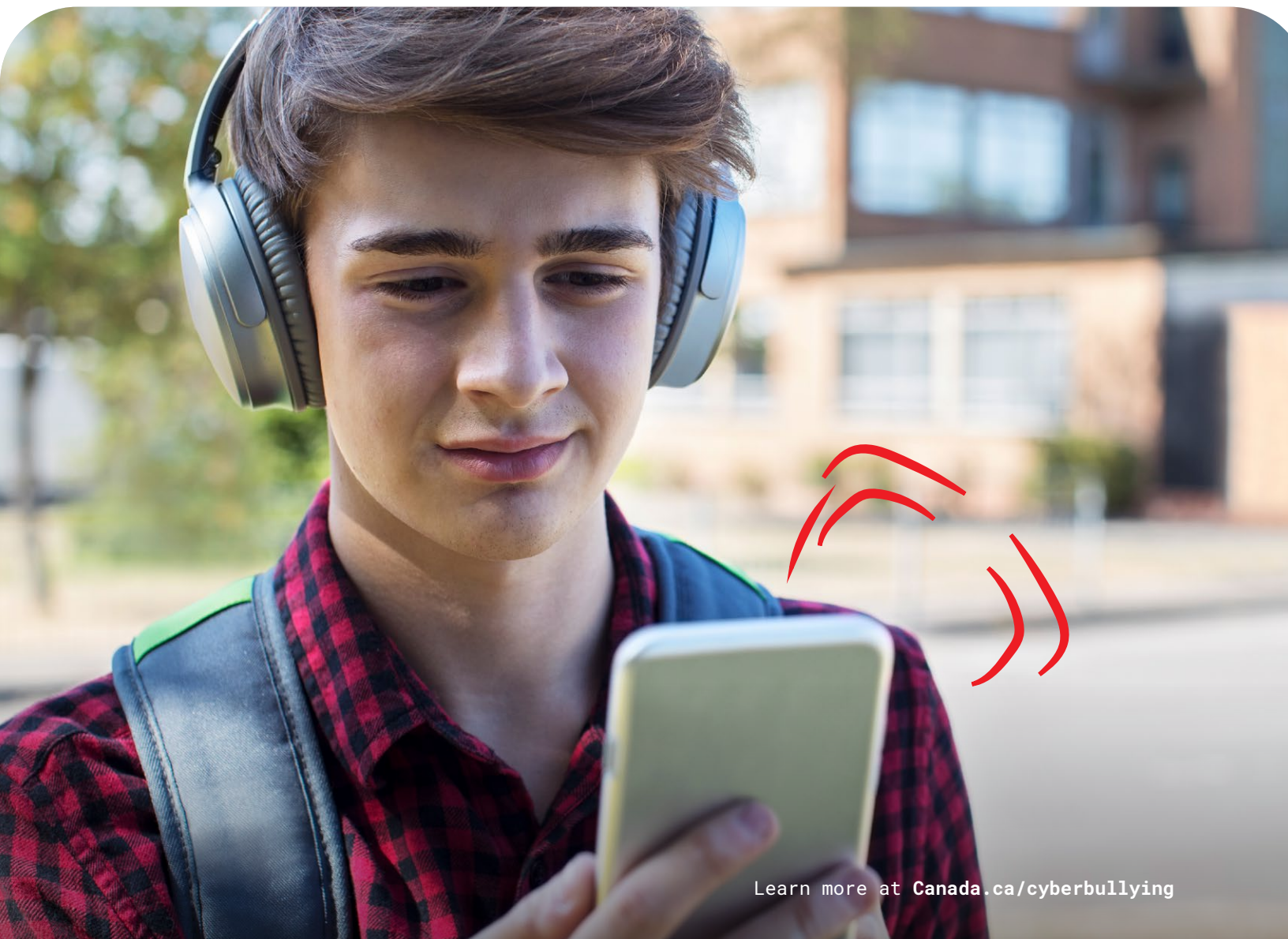


# [ What is cyberbullying? ]

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



# [ How can it affect you? ]

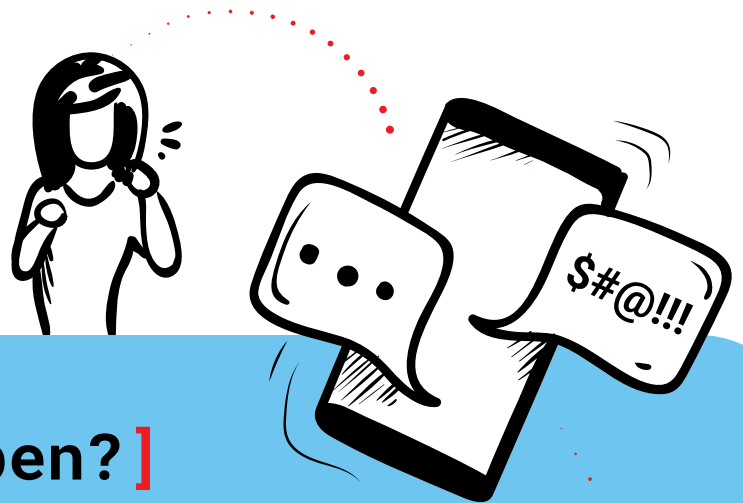
Cyberbullying can be very harmful because there is no safe zone. It can reach you anytime and anywhere, and can quickly be seen by a lot of people.

## 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 friendship or reputations
- Face legal consequences
- Limit their future opportunities




# [ Where does it happen? ]

Cyberbullying can happen anywhere you talk to other people online.



**Social media  
and apps**



**YouTube and  
live-streaming**



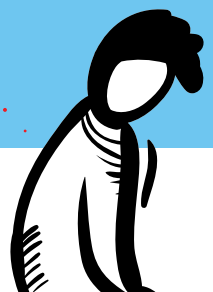
**Email**



**Text, chat  
or IM**



**Multiplayer  
games**





## [ 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
- 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:**

- 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 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





## [ What is your online reputation? ]

**Just like your reputation in the real world, 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, much of which is permanent. Things that can form your online reputation include:

- The stories, videos and pictures you post or share
- Opinions you express or statements you make
- 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? ]

Friends, teachers, neighbours, parents, employers – if anyone is curious about you, they can check you out online. 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:

- Give others a negative impression of you
- End, change or limit your friendships and relationships
- Open the door to more negative comments or cyberbullying
- Leave you feeling isolated, resentful or full of regret
- Limit your future social, education or job opportunities



## [ How can you protect it? ]

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

- 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: Frequently update your social media privacy settings, use strong passwords and don't share them 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
- Build a positive presence: Make your posts and comments empowering or encouraging
- 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

# [Sexting and sextortion]

**You're probably curious about sex. That's natural and it's a healthy part of growing up, but it can have unexpected consequences if you are not careful, or make you vulnerable to people who want to take advantage of you.**

## **What is sexting?**

Sexting is creating, sending or sharing sexual messages, images or videos with friends, people you know or even strangers online. It could be sending naked pictures of yourself or others, sharing a video of someone naked or having sex, or sending a text describing sexual acts.

No one has the right to pressure you into sharing naked images. It may seem harmless when it is with your boyfriend or girlfriend, but be aware that once an image is sent, there's no way of knowing where it will end up.

## **How can it impact you or your friends?**

In the wrong hands, these images can end up hurting you or other people in different ways:

- It can make you a target of people who want to control or harm you
- It can be very upsetting when they are shared with other people
- It can affect the way people see you or act around you
- It can make it harder for you at school, activities and jobs
- In many cases, creating and sharing sexualized images of someone under the age of 18 years is illegal







### **What is sextortion?**

Simply put, sextortion is blackmail. It's when someone threatens to send a sexual image or video of you to friends, family or other people if you don't provide more sexual images or videos or do what they ask.

### **What can you do?**

- Immediately block and stop all communication
- Refuse to give in to threats — do not send more nudes or pay them money
- Keep the correspondence to show those who will help you
- If you get sent sexual materials, don't forward them to others — you may hurt someone else
- Ask for help from parents, teachers, or another safe adult
- Report it to [Cybertip.ca](https://www.cybertip.ca)
- Get help removing images from the internet at [NeedHelpNow.ca](https://www.needhelpnow.ca)





# [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**

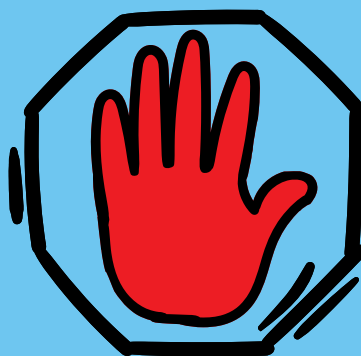
## NeedHelpNow.ca

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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