



STANDUP BULLYING

If you see it, you can stop it



Canadian
Red Cross

HOW YOU CAN HELP STOP BULLYING

- ▶ Stand up for your friends who are targeted.
- ▶ Refuse to go along with bullying or harassment—youth who laugh, agree or cheer only encourage the behaviour. Instead, take the side of the youth who is being targeted.
- ▶ Be assertive but not aggressive. Using insults or fighting back will make the situation worse.
- ▶ Gather your friends to help speak out against bullying and harassment.
- ▶ Always make sure you are safe. If it is not safe to intervene, report what you see or hear to an adult.
- ▶ Ask your school to form an anti-bullying committee with representation from teachers, parents and students. Collectively, you can make a big difference!

HOW YOU CAN HELP STOP CYBERBULLYING

- ▶ Make sure you and your friends are using proper netiquette when using the Internet. This means being kind, courteous, honest and polite when online.
- ▶ Don't forward hurtful email to your friends.
- ▶ Don't allow your friends to take cell phone photos or videos of the personal moments of others.
- ▶ Don't visit sites that are defamatory and put down other students.
- ▶ Speak out against cyberbullying, particularly if you are in a chat room.
- ▶ Don't buy into the vicious rumours that are spread online to destroy a student's reputation. Stand up for that student online and in person.
- ▶ Report cyberbullying to a trusted adult such as a teacher, someone in administration or your parents.
- ▶ If you know someone is being threatened online, call the police.
- ▶ Call the providers of Internet and cell phone services and report cyberbullying.
- ▶ Don't do or say anything online that you would not say in person.
- ▶ Protect your password and make sure you know who someone is before you add them to your friend list.
- ▶ Remember what you post online stays online forever.
- ▶ Create open forums in your school to raise awareness of the issue of cyberbullying.
- ▶ Don't engage in online exchanges with cyberbullies and encourage your friends not to either.
- ▶ Don't erase or delete messages – they can be saved in a file if you need them for evidence when you are making a report against a cyberbully.
- ▶ Block the sender's email—right click on the address—click on block.

For more information on the Canadian Red Cross *Beyond the Hurt* bullying prevention program for youth, contact the Canadian Red Cross office nearest you or visit standup2bullying.com.

STANDUP2BULLYING.COM