

Cyberbullying

Caregiver - Information Sheet

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What is Cyberbullying?

The Government of Canada defines [Cyberbullying](#) as: the use of digital technology to: embarrass, harm, or threaten someone else. This behaviour is aggressive, repeated, creates a negative environment for the impacted individual and occurs where there is a real or perceived power imbalance.

Examples of this behaviour

- Creating social media assuming someone else's identity
- Impersonating another person as the author of content on the internet
- Communicating material electronically to more than one individual or posting material on a website to be accessed by others
- Use of any social or electronic media such as email, cell phones, text, internet and web sites to threaten, harass, embarrass, socially exclude or damage reputations or friendships, or any other type of social bullying using electronic media

How can I keep my child safer online?

[PrevNet](#) and [WITS](#) provide the following strategies:

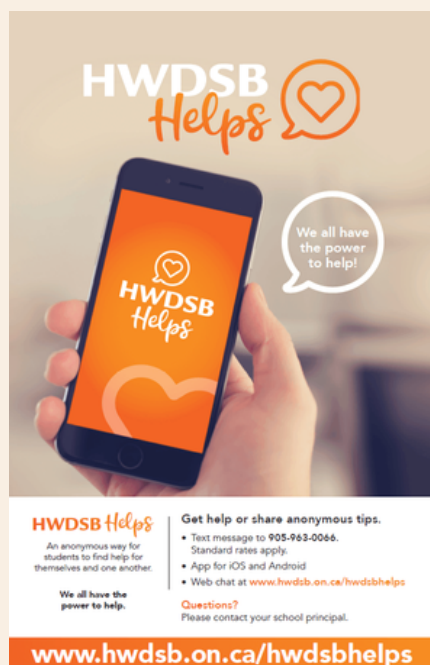
- Discuss appropriate online behaviour
- Encourage children to always communicate when online behaviour makes them uncomfortable
- Ensure computers are kept in a common area (for monitoring)
- Charge cellphones in adult rooms overnight
- Keep a record of passwords/username & accounts
- Use safety filters/features on websites/applications

Cyberbullying Safety Plan

As provided by PrevNet

Stop	Immediately leave the online environment or activity where the bullying is going on (chat, game, social media account etc.)
Block	Block the user who is sending the inappropriate messages, do not respond.
Record/Report	Record/Screen shot inappropriate behaviour and report it using the tools within the application
Talk	Talk about the event to a trusted adult

What if my child is the one who is impacted?



Children may appear unhappy, irritable or distressed, particularly after using the computer or viewing their cell phone.

The following content is provided by [PrevNet](#)

- Listen to your child when they come forward
- Keep records/screen shots of problematic online behaviour
- Report cyberbullying to your child's school and/or using tools such as [HWDSB We Help](#) and through tools provided by different online applications ([Instagram](#), [Twitter](#), [TikTok](#), [Snapchat](#) & [Facebook](#))

What if my child is the one of concern?

Having conversations about appropriate online behaviour and the importance of treating others with kindness and respect online is critical.

Students must understand that they are accountable for their behaviour online, just like in face to face interactions. Students must also be made aware of the [risks](#) of engaging with online modalities.

The following content is provided by [PrevNet](#) & [WITS](#)

- Encourage children to think about how they would feel if they were the impacted individual
- Emphasize that behaviour online is just like behaviour in person
- Explain the [legal consequences](#) of bullying (ex: defamation & harassment)
- Encourage your child to sincerely apologize if they cause harm

Resources for Further Information Regarding Cyberbullying



- [12 Privacy Tips for Parents](#)
- [Parents Guide to Cyberbullying](#)
- [HWDSB Helps - Mental Health and Well Being](#)
- [Help Protect Your Child from Cyberbullying - Govt. of Canada](#)
- [Facts & Solutions About Bullying](#)
- [Parenting in a Digital Age - Understanding Kids & Technology](#)
- [Bullying we can all Stop it - Ontario Government](#)
- [Cyberbullying - What it is, and How to Stop it](#)
- [Kids Help Line - Cyberbullying](#)
- [Media Smarts - Cyberbullying Parent Resources](#)

Think about online reputation, click the play button for a video from the Government of Canada

