

Cyberbullying

Student - 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 pretending to be someone else
- Posting/sending someone else's personal information/images electronically to be viewed by others
- Use of any social or electronic media such as social media applications, 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 stay safer online?

PrevNet and WITS provide the following strategies:

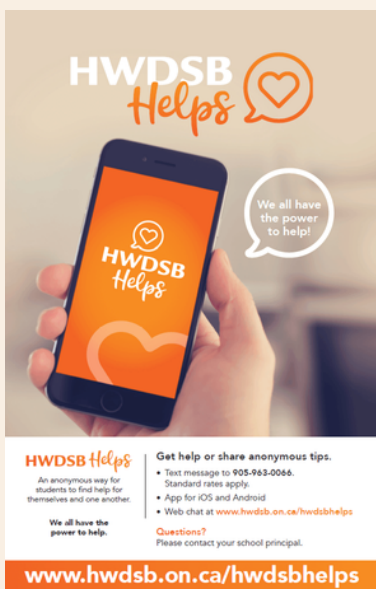
- Always use appropriate online behaviour
- THINK before posting - can this post cause harm? If so, don't post!
- Speak with a trusted adult when online behaviour makes you uncomfortable
- Ensure you are not sharing private information or photos with people online
- Use security settings on applications like two factor authentication and by making your accounts private
- Block and report inappropriate online behaviour to the application and to a trusted adult

Cyberbullying Safety Plan

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

As provided by PrevNet

What if I am the one who is impacted?



Being impacted by Cyberbullying may make you feel unhappy, irritable or distressed. Those feelings are completely reasonable.

The following content is provided by PrevNet

- Follow the Cyberbullying Safety Plan (above)
- Keep records/screen shots of problematic online behaviour
- Report cyberbullying to a trusted adult as soon as possible (caregiver, coach, elder, teacher, principal etc.)
- Use HWDSB We Help to report cyberbullying
- Use reporting tools provided by different online applications (Instagram, Twitter, TikTok, Snapchat & Facebook)

What if I am the one of concern?

Your online behaviour should always be appropriate, just like in face to face interactions. Therefore, treating others with kindness and respect online is critical. You must understand that you are responsible for your behaviour online, just like in face to face interactions. Your choices online can greatly impact your reputation and your future, always imagine that text/images/videos you post may live forever. Depending on the severity of your online behaviour it can have serious legal consequences and lead to criminal charges.

The following content is provided by PrevNet, WITS & Govt of Canada

- Think about how you would feel if you were the impacted individual
- Think before posting. Ask yourself, can this post cause harm? If so, don't post!
- Reflect on the fact that behaviour online is just like behaviour in person
- Think about the legal consequences of bullying (ex: defamation & harassment) and the impact it may have on your reputation and future
- If you have caused harm online speak to a trusted adult how that harm can be repaired

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



Kindness MATTERS!

Resources for Further Information Regarding Cyberbullying

- Media Smarts - Social Media Tip Sheet
- HWDSB Helps - Mental Health and Well Being
- Cyberbullying: What Teens Can Do - PrevNet
- Bullying we Can all Stop it - Ontario Government
- Cyberbullying: What it is, and How to Stop it - Unicef
- Kids Help Line - Cyberbullying
- Information and Support for Students- WITS