

CYBERBULLYING

Cyberbullying refers to online peer aggression delivered through technology to support deliberate, repeated, and hostile behaviour by an individual or group with the intention of causing emotional, psychological, and even physical harm to others.

What Cyberbullying Entails

Threats and Harassment

Stealing Passwords and Impersonation

Mean Online Polls/Voting Booths

Outing: Sharing Secrets And Embarrassing Info

Sending Spam and Inappropriate Content

Posting Intimate AI Generated Photos

Recognizing Cyberbullying



Your friend begins to avoid or spends much more time using their computer, phone or other devices



They often seem upset, withdrawn or angry, especially after receiving comments, emails, DM's or texts



They become more secretive about their online activities



They suddenly delete their social media profiles and accounts



They avoid school, activities and social events they used to enjoy



They receive a lot of new texts, contacts, email addresses or phone numbers

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What To Do If You Are Being Cyberbullied

Do not respond to or forward any cyberbullying posts or messages.

Block the cyberbully on social media and from your contacts for text and phone.

Be very careful which images, videos and private/personal information you share online, because a cyberbully may use them against you.

If your profile is hacked, change your password. If you keep getting messages like 'add me to your friends or contacts list', change your username and email address.

Seek help from a trusted adult or seek help online.

Cyberbullying Resources

KidsHelpPhone.ca: <https://kidshelpphone.ca/>

NeedHelpNow.ca: <https://needhelpnow.ca/en/>

Bullying Canada: <https://www.bullyingcanada.ca/>

Government of Canada: <https://www.canada.ca/en/public-health/services/bullying.html>

UNICEF: <https://www.unicef.org/end-violence/how-to-stop-cyberbullying>

Cybertip: <https://cybertip.ca/en/>