

Cyber bullying

IS THE USE OF THE INTERNET & RELATED TECHNOLOGIES TO HARM OTHER PEOPLE, IN A DELIBERATE, REPEATED & HOSTILE MANNER.

FOUR STEPS TO STOP CYBERBULLYING

STOP: Don't try to reason with or talk to someone who is cyber bullying you.

BLOCK: Use the block sender technology to prevent the person from contacting you again.

TALK: Tell a trusted adult, inform your school, use a help line and/or report it to police.

SAVE: Save any instant messages or emails you receive from the person bullying you, or capture any comments or images that have been posted online.



FACTS

2/3 of youth have faced bullying over their cell phones or online.

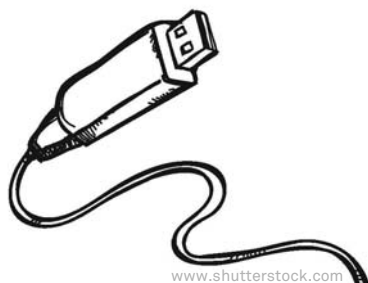
Three out of ten bullied students reported missing school at least once during the year because of cyberbullying.

YOU ARE NOT ALONE, ASK 4 HELP

Talk about it with someone you trust and try to find a healthy way to change what is happening or how you react to it.

Call a help line – reaching out to a counsellor in an anonymous way can help make talking about it easier.

KidsHelpPhone
1-800-668-6868
kidshelpphone.ca



**CANADIAN
RED CROSS**

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