

## IF YOU ARE BEING CYBERBULLIED

### WHAT TO DO: TOP TIPS

#### 1. PRINT AND SAVE

- Keep evidence of cyberbullying. Record the dates, times, and descriptions. Save and print screenshots, emails, and text messages
- Use this evidence to show an adult who can help. You need to be able to show them what's going on

#### 2. EXIT THE CONVERSATION

- You do not have to continue this conversation
- Recognize that, generally, it is not a conversation in the real world; so choose to stop typing
- "Walk away" from this online situation and do not respond

#### 3. BLOCK

- Block, delete or unfriend the cyberbully from your page or remove them from your contacts
- Someone who seems aggressive, or makes you feel uncomfortable, or who ignores you when you ask them to stop, should be blocked

#### 4. CHANGE PRIVACY SETTINGS

- Change privacy settings to ensure your profile is not public
- Remember however that the word "private" does not mean "private"
- Once you have data on the Internet, even with the highest level of privacy settings, if you would not want a grandparent to see it, don't post it

#### 5. TALK

- Talk to a trusted adult; a friend, parent or teacher
- Don't be afraid that you will be in trouble or that it will result in having your devices taken away. Talking to someone will help

#### 6. REPORT

- Report to police if it involves:
  - Threats of violence, or sending sexual messages or photos
  - A photo or video of someone in a place where they would expect privacy
  - Stalking and hate crimes
- Report incidents to your school with printouts and screenshots
- Contact ISPs, cell phone service providers, and social networking websites to investigate or remove material

## WHAT IF YOU KNOW SOMEONE BEING CYBERBULLIED?

- Offer to help that person; Explain the steps they should take and share information from this website with them
- Be their friend. Make sure they understand that no one deserves to be cyberbullied
- Stick up for the person online; Tell the cyberbully that their behaviour is not OK
- Make sure you use respectful language when communicating with the cyberbully. Don't be one yourself

## DO'S AND DON'T'S

### DO:

- 1 Tell a parent or another adult if a stranger contacts you in a chat room or through email or text messaging
- 2 Choose passwords, email addresses, and screen names that aren't obvious and change them frequently - mix two totally random words with a random number
- 3 Read privacy policies
- 4 Remember a lot of what you do and say online can be retrieved online forever even if you delete it
- 5 Remember if you wouldn't want a grandparent to see it, then don't post it. Even if it's on a private page, it could be hacked or copied and then sent around
- 6 Take a breather to avoid "flaming". If you get the urge to send an angry IM or comment, wait a few minutes, calm down, and remember that the comments may stay (with your screen name attached) long after you've regained your temper

### DON'T:

- 1 Treat someone online in a way that you wouldn't feel comfortable doing face-to-face
- 2 Share your cellphone numbers or email addresses unless you know and trust the person
- 3 Share personal information or photos in a chat room or tell anyone your passwords
- 4 Post, email or forward naked photos of yourself - or another kid - to anyone ever; it's illegal
- 5 Talk to strangers, online or in person, and never agree to meet someone in person that you've only "met" online
- 6 Share personal information without care; this includes your full name, address, age, gender, phone number, birthday, email address, school, and other personal facts about you. Stealing your identity is easier than you think

## WHAT IF YOU OR A FRIEND IS BEING THE CYBERBULLY?

### YOU

- Say sorry: Commit to treating all people with respect
- Rethink your messages and remove any aggression or hurtful language
- Think about the consequences of what you're doing online
- Before you send an email, a message or a photo consider the following:
  - Would you find it funny if you were the subject of this message?
  - Is this hurtful or intended to be hurtful?
  - Is this a sexual image? If so, you could be found guilty of producing, possessing or distributing child pornography, which could result in a jail sentence

### A FRIEND

- Take them aside and talk about it. Without getting angry with your friend, try and understand why they are doing this, and let them know that it's not OK
- Explain to your friend that cyberbullying can have serious consequences
- Let your friends know that you support them in all areas of life, but you will not tolerate cyberbullying
- If they refuse, then ask yourself if you want to remain friends
- Ask them: "why are you being a cyberbully?"  
Tell them: "it's not cool"