

Together, we can #EndBullying

Did you know?
Cyberbullying affects
one million Canadian
youth every month*,
and there are even
more who witness it.

Read on for simple tips on what
to do if you become the target of
cyberbullying. Plus, learn how you
can offer your support if you see
someone else being bullied online.



* Based on the Young Canadians' Experiences with Electronic Bullying report, which states that 40% of Canadian youth are bullied in a 4-week period.



If you experience cyberbullying:

- **Stop.** Leave the space and don't engage or argue as it could make things worse.
- **Block.** Block messages and/or the person being mean.
- **Record/report.** Save the evidence by taking screenshots, and report the person or messages to the gaming or social media platform.
- **Talk.** Talk to someone about it, so you don't have to deal with it alone.



If you witness cyberbullying:

- **Lend a hand.** Privately reach out to the target and offer support.
- **Take a stand.** Report the problematic content or individual being mean. If you're friends with the person being mean, take the conversation offline and tell them to cut it out.
- **Act with tact.**
 - Change the subject and distract the person being mean: ask what people are doing after school or share a funny meme.
 - Give the target an excuse to get out of the situation: ask the target to help with your homework or go for a walk with you.
 - Remind the people involved that fighting back could make things worse.
- **Walk the talk.**
 - Avoid being an accomplice.
 - Don't like or share hurtful posts online.
 - Be mindful of how what you say and do online can impact others' feelings.



Remember, always be kind online:

- Share happy, feel-good content and posts.
- Lift others up with positive comments.
- Be respectful, even if you disagree.
- Always think before you post and consider if you'd say it face to face.

We all have the power to help create a more positive, friendly world online.