
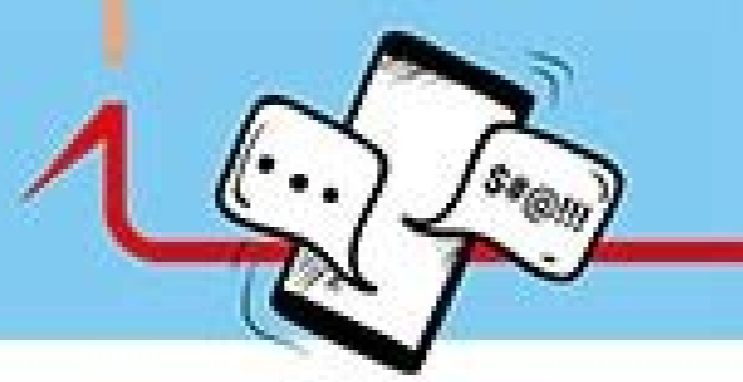


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[Cyberbullying]

What it is and how to stop it
For youth aged 16-17 years old



[What is cyberbullying?]

You already know what bullying is – simply put, this is the online version. When someone is mean or tries to threaten, hurt or embarrass someone online, that's cyberbullying. It can be:

- Making fun of someone or how they look
- Sharing sexual images of someone with others
- Threatening, harassing, excluding or ganging up on someone
- Spreading hurtful gossip, secrets, rumours or lies
- Creating a poll that makes someone look bad
- Impersonating someone and getting negative attention
- Screen capturing and sharing what was supposed to be temporary or private

[Where does it happen?]

Cyberbullying can happen anywhere you interact with people online.



#StopCyberbullying
Learn more at Canada.ca/cyberbullying

[How does it affect youth?]

Cyberbullying can be very harmful because there is no safe zone. It can reach you anytime and anywhere, even at the dinner table or in the privacy of your bedroom – and can quickly be seen by a lot of people.

If you're cyberbullied, you may:

- Feel isolated, lonely, or depressed
- Feel like your self-esteem and friendships are negatively impacted
- Have trouble eating, sleeping or performing well at school, activities or work
- Try to harm yourself or even attempt suicide

Those who cyberbully may:

- Damage their friendships and reputations
- Face criminal charges with punishments that could include time in prison
- Limit their future education and career opportunities

[What can you do about it?]

To prevent cyberbullying:

- Do not send or post anything that might hurt someone else
- Treat everyone you meet online with respect
- Assume everything you post (including pictures) is public
- Learn about your privacy settings and do not share passwords
- Do not share personal information or naked photos of yourself or others

If you are being cyberbullied:

- Do not reply or respond back with nasty messages
- Save a copy of any messages so you can show an adult
- Block or break off contact with the person
- Talk to your parents or a safe adult
- Report it to an adult, your school, or the site or app
- Go to the police if you feel physically threatened or a crime has been committed
- Get help having pictures removed at NeedHelpNow.ca

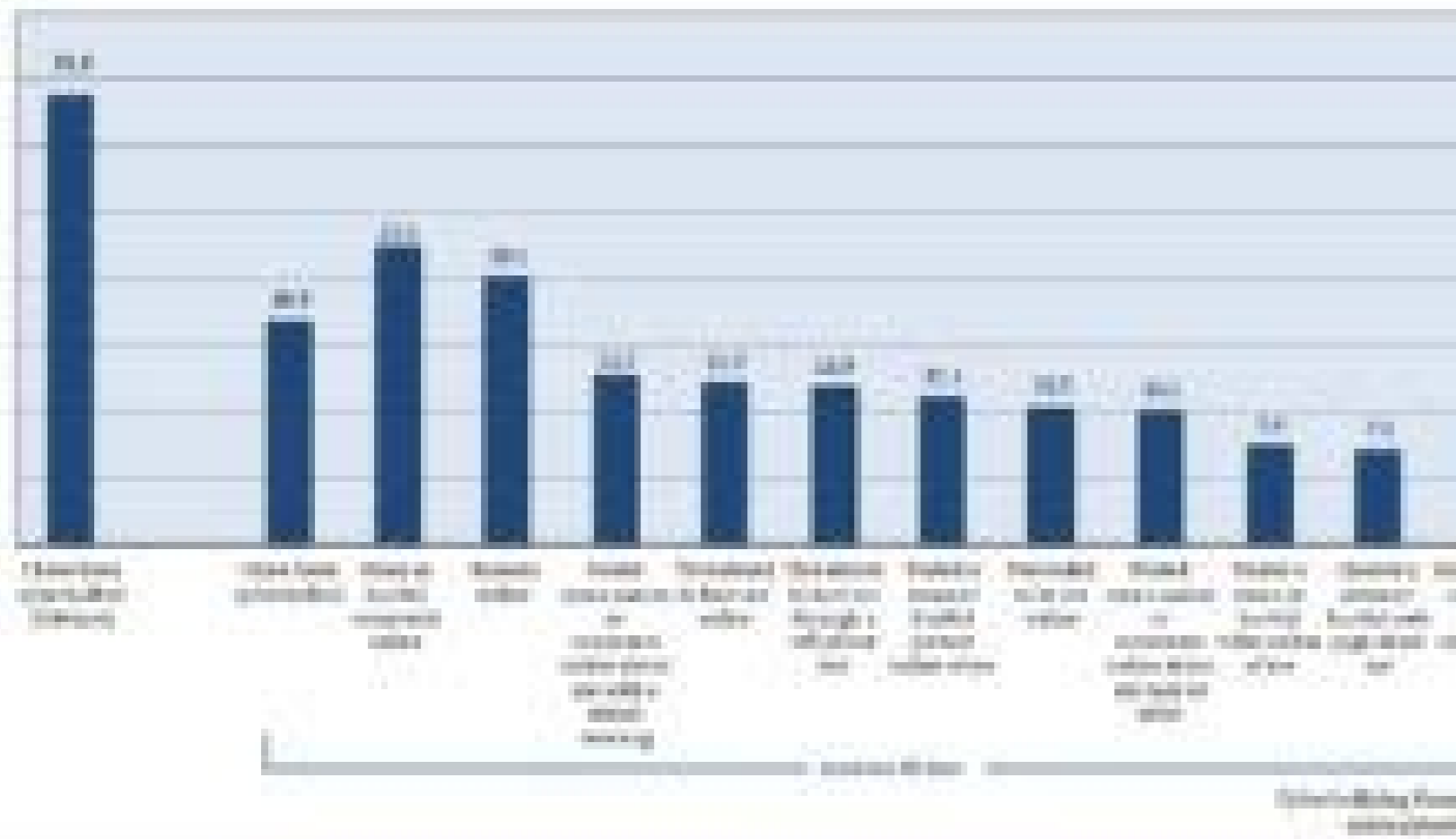
If you see someone else being cyberbullied:

- Do not like or share messages – it can make things worse
- If you know the bully, tell them that cyberbullying is not okay with you
- Let the person being cyberbullied know you are there and you care
- Talk to an adult you can trust so they can help you deal with it

Cyberbullying Victimization

2015-2017

Nationally representative sample of 17,730 youth aged 16-17 years old in the US.



Cyberbullying Fact Sheet

Taking screenshots to preserve evidence of cyberbullying
Samantha Hinkley, Ph.D. and Justin W. Patchin, Ph.D.

It's not always obvious when someone is cyberbullying you. It's important to know what to do if you suspect someone is cyberbullying you. This fact sheet provides information on how to take screenshots of cyberbullying messages. It also provides information on how to report cyberbullying to a trusted adult, your school, law enforcement, and to help remove the harmful messages and content.

When you take a screenshot of a cyberbullying message, you are creating a permanent record of the message. This record can be used as evidence in court or to help law enforcement investigate the cyberbullying. It's important to take screenshots of cyberbullying messages as soon as you see them. This way you can have the evidence you need to report the cyberbullying to a trusted adult, your school, law enforcement, and to help remove the harmful messages and content.



7 Most Common Forms of Cyberbullying



1. Harassment
2. Catfishing
3. Exclusion
4. Outing
5. Trolling
6. Fraping
7. Cyberstalking

What Is Bullying?

Bullying occurs in a context where there is a real or perceived power imbalance.

Bullying affects both Children and Adults and can be:

PHYSICAL – hitting, shoving, stealing, or damaging property

VERBAL – name calling, mocking, or making sexist, racist, or homophobic comments

SOCIAL / RELATIONAL – excluding others from a group or spreading gossip or rumours about them

CYBERBULLYING – spreading rumours and hurtful comments through the use of e-mail, cellphones, social media websites and text messaging.

Bullying comes, in large part, from an underlying lack of respect, for oneself and for others.

Infographic by: [BullyingEpidemic.com](#) © 2012
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The Australian Human Rights Commission (1300 656 419) has a complaint management service that can investigate complaints of discrimination, harassment and harassment . Au / complaints information / Å Nite.html & Patchin, J. If you only have time to read an information sheet from the CyberBully research center to get on the day about the problem and what you can do, read this. Cybernetic fact sheet: Identification, prevention and response. (2021). People who differ rumors about you through emails or social networking sites or text messages. How can it be safe from the online stalkers. It does not share private information such as passwords, name and address, phone numbers with people who do not know. Lifeline (13 11 14) It is a personalized free and confidential service by trained telephone counselors. How is cyberbullying? Keep a record of calls, messages, publications and emails that can be harmful or harmful to you. People trying to prevent you from communicating with others. W. You can block, eliminate and inform anyone who is harassing you online and in your mobile. Cyberbullying can also involve people who send photos and videos from you to others to try to embarrass it or hurt yourself. For example, using the Internet, a mobile phone or a chamber to hurt or embarrass someone is considered cybernetic. If you are being harassed and you need support, go to our Help Section. If you know or see someone who is harassed, read the support spectators data sheet to discover how to help them. This can also include sharing photos from you, your friends and your family, do not respond to messages when you are angry or wounded. Recovered [date of insertion]. Download PDF (Note: We have an older version of this cyberbully data sheet available here, in case you were looking for it or had To this from another site: cyberbullying: What is and how it gets help to cybernetics is the intimidation that is carried out through of the use of technology? Updated for 2021! This detailed guide is a detailed summary, full of the largest possible amount of use, to equip educators, parents and other adults who serve youth to detect cybernetics, respond to it appropriately and meaningfully, and to prevent its future occurrence between those who care. Close the session and stop the messaging if you think you are being harassed. People who establish false profiles that seek to be, or publish messages or status updates of their accounts. They can send petty messages by means of social networking sites such as Facebook and Twitter, or through sites where people can request / answer questions. Discover how to denounce intimidation and harassment in each of the different social networks you use. Configure the privacy options on your social network sites such as Facebook in a way you feel comfortable with the help help, it provides legal information to children and young people in Australia. You can also go to the Australia and Media Cybersmart (ACMA) program. If you have been intimidated or witnessed, others have been harassed à €

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