

November

# Being Kind Online

Bullying Awareness and Prevention Week Nov 20 to 26, 2022



## Top three cyber safety tips

1. Treat others online as you would want to be treated
2. Stop and think before you post or send a message
3. Be fast to report



## Cyberbullying

Cyberbullying is online bullying intended to **intimidate, hurt or humiliate** someone. It can be very harmful and have long-lasting consequences because there is no safe zone. It can reach you anytime and anywhere, and can quickly be seen by a lot of people.

### Cyberbullying examples:

- Sending mean or threatening emails or text/instant messages
- Revealing information considered to be personal, private, and sensitive without consent
- Pretending to be someone by using their name
- Spreading hurtful gossip, secrets, rumours or lies

### It can make you:

- Feel alone, sad, scared, frustrated or angry
- Feel badly about yourself, your friendships, and your life
- Want to avoid school, activities or anywhere else people may know you



## What can you do about it?

### “Bee” safe online



- **Protect your privacy:** use privacy settings on social media and don't share your personal information or passwords with anyone
- **Know who your friends are:** be careful who you accept and restrict access for friends of friends and the public
- **Ask for help:** if you made a mistake or are worried, feel threatened, or are being cyberbullied, talk to your parents or an adult you can trust



### “Bee” kind online

- Don't send or post anything that might hurt someone
- Treat everyone you meet online with respect
- Compliment others in a meaningful way

## If you are being cyberbullied



- Don't reply with nasty messages
- Block or break off contact with the person
- Talk to your parents or a safe adult, your school, the site or app, or the police

## If you see someone else being cyberbullied

- Do not like or share messages — it can make things worse
- If you know the bully and feel that it is safe to do so, tell them that cyberbullying is not okay
- Talk to an adult you can trust so they can help you deal with it



### Resources:

Bullying – we can all help stop it  
What is cyberbullying?  
From bystanders to upstanders

