

Cyberbullying Tips from ConnectSafely.org

Don't respond. If someone bullies you, remember that your reaction is usually exactly what the bully wants. It gives him or her power over you. Who wants to empower a bully?

Don't retaliate. Getting back at the bully turns you into one and reinforces the bully's behavior. Help avoid a whole cycle of aggression.

Save the evidence. The only good news about digital bullying is that the harassing messages can usually be captured, saved, and shown to someone who can help. You need to do this even if it's minor stuff, in case things escalate.

Talk to a trusted adult. You deserve backup. It's always good to involve a parent but – if you can't – a school counselor usually knows how to help. Sometimes both are needed. If you're really nervous about saying something, see if there's a way to report the incident anonymously at school.

Block the bully. If the harassment's coming in the form of instant messages, texts, or profile comments, do yourself a favor: Use preferences or privacy tools to block the person. If it's in chat, leave the "room."

Be civil. Even if you don't like someone, it's a good idea to be decent and not sink to the other person's level. Also, research shows that gossiping about and trash talking others increases your risk of being bullied. Treat people the way you want to be treated.

Don't be a bully. How would you feel if someone harassed you? You know the old saying about walking a mile in someone's shoes; even a few seconds of thinking about how another person might feel can put a big damper on aggression. That's needed in this world.

Be a friend, not a bystander. Watching or forwarding mean messages empowers bullies and hurts victims even more. If you can, tell bullies to stop or let them know harassment makes people look stupid and mean. It's time to let bullies know their behavior is unacceptable – cruel abuse of fellow human beings. If you can't stop the bully, at least try to help the victim and report the behavior.

www.bullying.org is a supportive online community where people can learn that they are NOT alone in being bullied and teased, that being bullied and teased is NOT their fault and that they CAN do something positive about it. People can contribute their personal stories, poems, images, oral stories (audio files), music and even animations and movies. All of the original submissions and the replies to them are read and moderated by real people to ensure that the Website is a safe and respectful online community.

www.cyberbullying.ca is the world's first Web site specifically dedicated to the emerging issue of cyberbullying.

safeschoolsmanitoba.ca Safe Schools Manitoba offers workshops and resources for educators, students, parents and community members to build awareness and understanding of the problems and solutions that impact the safety of children and youth.

http://www.cybertip.ca/app/en/respect_home - grades 7/8

<http://www.texted.ca/app/en/> - safe texting

Canadian Centre for Child Protection (www.protectchildren.ca<<http://www.protectchildren.ca>>) has created a unique, one-stop Internet safety website – The Door that's Not Locked (www.thedoorthatsnotlocked.ca<<http://www.thedoorthatsnotlocked.ca>>) – to help parents, teachers and anyone else with children in their lives learn about ways to keep kids safe on the Internet. A mobile safety website (mobility.protectchildren.ca<<http://mobility.protectchildren.ca>>) and a cell phone safety lesson plan to further help you keep your students safe. Please refer to the following links for a copy of the cell phone lesson plan (http://www.protectchildren.ca/pdfs/mobility_lesson_en.pdf)