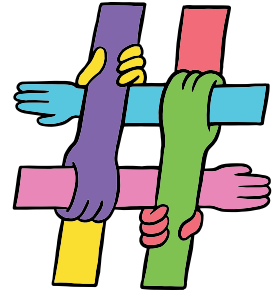


Witnessing cyberbullying: What should you do?



Unfortunately, cyberbullying is something that many youth experience on a daily basis. As a witness, it may be difficult to know what to do to help.

Explore the ways you can make a difference, by reviewing the scenarios below and deciding on the best course of action.

Scenario 1

You're eating lunch in your classroom with friends when another student returns from the washroom with a piece of toilet paper stuck to their shoe. One of your friends laughs and says to you, "I think they missed a spot," and takes a picture of the student and their shoes. Your friend says they are going to post the photo on Instagram with the caption, "If anyone needs any toilet paper..." 🤔

What should you do?

- a) Laugh with your friends and suggest an edit to the caption.
- b) Smile at your friends and ignore the situation even though it makes you feel uncomfortable.
- c) Tell your friends that taking and posting a picture of someone without their permission is wrong and they should delete the photo. Quietly let the other student know that they have toilet paper on their shoe.

Standing up for someone who is being bullied rarely makes the bullying stop.

- True False

Scenario 2

After finding out that the new student in class has a crush on someone, your friend wants to play a prank on the student by setting up a fake Snapchat account, imitating the crush, and sending the new student a message. Your friend suggests that maybe the new student can be tricked into sending an embarrassing photo... 📷

What should you do?

- a) Help create the account. It could be kind of funny, and who knows if the new student will even believe it.
- b) Tell your friend it's a form of cyberbullying to imitate someone else online and trick someone with a fake account. You also warn the new student of the prank and remind them to be cautious when connecting with others online.
- c) Tell your friend it's a bad idea to trick someone but leave them to decide what they will do.

Pranks are always funny and hardly ever hurt the person who is targeted.

- True False

Scenario 3

After soccer practice, one of your teammates sends a message to the team on WhatsApp. The team played a friendly game at practice, but your teammate thinks your friend on the team was too aggressive and made a dirty tackle that almost injured them. Your friend apologizes and says that they didn't mean to be too physical, but your teammate won't let the issue go. They say that your friend better watch their back at school tomorrow, because they're going to find out what a real tackle is... 😡

What should you do?

- a) Ignore it. Your teammate will cool off and get over it.
- b) Encourage your friend to talk to their parents, coach, teacher or another adult that they trust
- c) Tell your friend to not stress about it and that it'll eventually blow over.

If you see or experience bullying, it's a good idea to tell an adult you trust.

- True False

Answers:

Scenario 1

C. Tell your friends that taking and posting a picture of someone without their permission is wrong and they should delete the photo. Quietly let the other student know that they have toilet paper on their shoe.

Why?

If you witness cyberbullying, you should always take a stand against it. If you're friends with the person being mean, tell them to cut it out. Remember to lend a hand to the person being bullied by privately reaching out to offer support.

False.

If you stand up for someone who is being bullied, it is likely that the bullying will stop. If the bullying continues, tell an adult you trust.

Scenario 2

B. It's a form of cyberbullying to imitate someone else online and trick someone with a fake account. In this situation, you should also warn the new student of the prank and remind them to be cautious when connecting with others online.

Why?

If you witness cyberbullying, avoid becoming an accomplice and participating in the bullying behavior. Remember to walk the talk and speak to your friends about how their behaviour can hurt someone online just as much as cruel comments hurt face-to-face in real life. Lastly, be a good digital citizen and remind your friends to be cautious when connecting with others online.

False.

Jokes can often go too far, with pranks often making people feel embarrassed or hurt.

Scenario 3

B. Encourage your friend to talk to their parents, coach, teacher or another adult that they trust.

Why?

It's important to tell a trusted adult if you are being cyberbullied so you don't have to deal with it alone. They can help address the situation and ensure your safety.

True.

If you are experiencing 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 a trusted adult or guardian so you don't have to deal with it alone.