

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 42% 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.
Take the TELUS Wise Digital Pledge to #EndBullying. Visit telus.com/DigitalPledge.