



# Create your own #EndBullying poster

Being kind isn't limited to the classroom or in-person interactions. Kindness is important in our digital world, too. In this activity, you'll create a poster, which illustrates a cyberbullying situation and offers steps people can take to help end cyberbullying and make our digital world a kinder and safer place.



Step 1:	Step 2:	Step 3:	Step 4:
<p>Review the tips below on what to do if you witness or experience cyberbullying.</p>	<p>On a blank sheet of paper, create your own #EndBullying poster illustrating a cyberbullying scenario (for example: online name calling, spreading rumours, embarrassing someone, sharing a photo without permission...).</p>	<p>Include some advice on what you could do in the situation to help, drawing from the #EndBullying tips provided (for example: stop, block, lend a hand, take a stand...).</p>	<p>Get creative! Tap into your artistic side to bring your poster to life!</p>

## #EndBullying tips

If you experience cyberbullying:

- **Stop.** Leave the space and don't engage or argue back 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 mean comments or people being mean.
- **Act with tact.** Remind the people involved that fighting back could make things worse.
- **Walk the talk.** Avoid being a bystander, and never like or share hurtful comments.

Together, we can #EndBullying



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