

Smart Social



Be Smart on Social Media Tip #6: If you're hurting, ask for help.

Cyberbullying can really hurt. If someone is mean to you online don't risk making things worse by fighting back. Instead, save the evidence (take a screenshot if you have to), block them if you can, and talk to someone who can make you feel better.

Did you know... More than two-thirds of youth said it would be helpful to talk to a trusted adult, parent or friend when handling cyberbullying.

(Source: Media Smarts, PREVNet, TELUS research)



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TELUS and the Canadian Association of Chiefs of Police are working together to keep you safe online.

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