

# TELUS Wise®

## #EndBullying tips for gamers.



In the online gaming world, the word “toxicity” is used to describe abusive behaviour that unfortunately is more common than you may think due to the perceived anonymity of our digital world. A toxic player is one who intentionally impacts an online game in a negative way by deliberately cyberbullying, harassing and disturbing other players, cheating, using sexist, racist or homophobic language, being a poor-sport, and more.

As a part of healthy game play, gamers should treat other players with respect and know how to identify and deal with cyberbullying, whether they experience it directly or witness it happening.



### If you experience cyberbullying while gaming:



**Stop.** Leave the space or mute the player instead of fighting back. Fighting back could make things worse, while stepping away can help you de-escalate the situation and prioritize your own well being.



**Block.** Block the messages and/or the person being toxic.



**Record/Report.** Save the evidence by taking screenshots and report the person or messages to the gaming platform. Many gaming platforms strive to keep their online communities a positive place to play, taking steps to make it as easy as possible for gamers to report foul-play.



**Talk.** Talk to someone about it so you don't have to deal with it alone.



## If you witness cyberbullying while gaming:



**Lend a hand.** Privately reach out to the target and offer support.



**Take a stand.** Report the problematic content or person being toxic. If you're friends with the offender, take the conversation offline and ask them to cut it out.



**Act with tact.**

- **Change the subject and try to distract the person being toxic:** Share a funny meme or make a positive comment on another player's performance.
- **Give the target an excuse to get out of the situation:** Ask them to help with your game play.
- **Remind the target(s)** that being toxic in return or fighting back only worsens the situation.



**Walk the talk.**

- **Avoid being a bystander:** There is always something you can do to help if you witness toxic behaviour or cyberbullying; it might be as simple as reaching out privately to the target and offering support.
- **Avoid being an accomplice:** Don't like, laugh at or share toxic behaviour online. Be mindful that what you say and do online impacts 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.

TELUS Wise is a free educational program that empowers Canadians to stay safe in our digital world. Learn more at [telus.com/Wise](https://telus.com/Wise) or access digital citizenship workshops at [telus.com/WiseWorkshops](https://telus.com/WiseWorkshops).

