

Do the right thing



Engage your students in a conversation about cyberbullying.

Classroom discussion:

Invite your class to discuss what they believe the right thing to do is if they are being cyberbullied or witness it happening.

To arm them with effective strategies, distribute the TELUS Wise handout (page 2) to help students understand what to do if they experience cyberbullying. Review the four ways they can safely intervene and make an impact if they witness it happening.

Writing assignment:

Invite students to write a short story about a cyberbullying scenario and someone positively intervening to make the bullying stop.

Before they begin, play these short videos about good digital citizenship with the class. Remind students that bullying is never okay.

Video 1: [Make an impact when you witness cyberbullying](#)

Video 2: [Do the right thing](#)

If they witness it happening, they can help by:

Not being an accomplice: refrain from participating in the bullying behaviour

Standing up for the person being bullied: if they're friends with the person being mean, they should tell them to cut it out. They can also consider privately reaching out to the person being bullied to offer support.

Check in and show they care.



Tip sheet



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.

Speak 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.

