

CKNW CHILDREN'S CHARITIES  
**PINK SHIRT DAY**

PRESENTED BY  coastcapital.  
SAVINGS

## CYBERBULLYING

is using online and mobile technology to harm other people, in deliberate, repeated & hostile manner

### FOUR STEPS TO STOP CYBERBULLYING

**STOP:** Don't try to reason with or talk to someone who is cyberbullying you.

**BLOCK:** Use the block sender technology to prevent the person from contacting you again.

**TALK:** Tell a trusted adult, inform your school, use a help line and/or report it to police.

**SAVE:** Save any instant messages or emails you receive from the person bullying you, or capture any comments or images that have been posted online.

### FACTS

- 1.** 2/3 of youth have faced bullying over their cell phones or online.
- 2.** Three out of ten bullied students reported missing school at least once during the year because of cyberbullying.

### YOU ARE NOT ALONE, ASK 4 HELP

**Talk about it** with someone you trust and try to find a healthy way to change what is happening or how you react to it.

**Call a help line** – reaching out to a counsellor in an anonymous way can help make talking about it easier.

**KidsHelpPhone** t. 1-800-668-6868  
e. kidshelpphone.ca



Information provided by  
[redcross.ca/respecteducation](http://redcross.ca/respecteducation)  
Preventing Bullying