

TELUS Wise



Stop, Block, Record and Talk to #EndBullying

Conflict and disagreement are a part of life. Bullying – where someone has the power to hurt someone and uses it on purpose – isn't. Being bullied doesn't make you "tougher," it just makes you hurt. It's not your fault that you're being bullied and you shouldn't have to deal with it alone.

If you are among the 42% of Canadian youth who experience cyberbullying, here are some tips for dealing with the situation:



STOP engaging in the conversation. Leave the online space right away and don't comment, try to get even, or argue back. It could further escalate the situation.



BLOCK the user. If you're able to, block the person on the social media platform, or disable the chat function if you can. You may also be able to report the user to the platform in which you are being bullied.



RECORD the messages. Save the hurtful messages, taking screen shots if you have to, so you have evidence of what has happened and what is being said.



TALK to someone. Reach out to a friend or trusted adult. Together, you can talk about the situation and decide on the best next steps. In serious cases, you and your parents may need to contact local law enforcement. It's important to understand that harassment, including cyberbullying, is a crime under the Criminal Code of Canada.

Know you're not alone. It's important to remember that there is always somewhere to turn and someone to talk to. If you are experiencing cyberbullying and need help, contact Kids Help Phone at **1-800-668-6868** or your local authorities.

Working together for a safer, friendlier Internet

While many kids experience cyberbullying, it is promising that even more want to help out when they witness it. Here's how you can contribute to a safer, friendlier Internet:



Know what cyberbullying is. Cyberbullying isn't just sending mean messages. Cyberbullying is also being cruel or intentionally embarrassing someone online, spreading rumors, sharing or liking humiliating or intimate photos, and more. Always be kind and respectful online.



Think before you post, share or like. Everything we do online, like playing games, texting and sharing photos and messages on our favourite social networking sites leaves a digital footprint. These actions can have real consequences for yourself and others – with the power to impact how others feel.



Don't be a bystander. How witnesses react to cyberbullying can make a big difference, and by stepping in when you see cyberbullying you can make a big impact. You can comfort the target privately, report the behaviour to the service provider, or seek help from a trusted adult. Use the **Impact tool** to explore different ways that you can help when you see cyberbullying.

Join the movement to #EndBullying



Join us in our efforts to ensure the digital space is a safe place by taking the TELUS Wise® Digital Pledge at telus.com/digitalpledge.

telus.com/wise

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the future is friendly®