



Malton Women Council



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# CYBERBULLYING

## Tip Sheet



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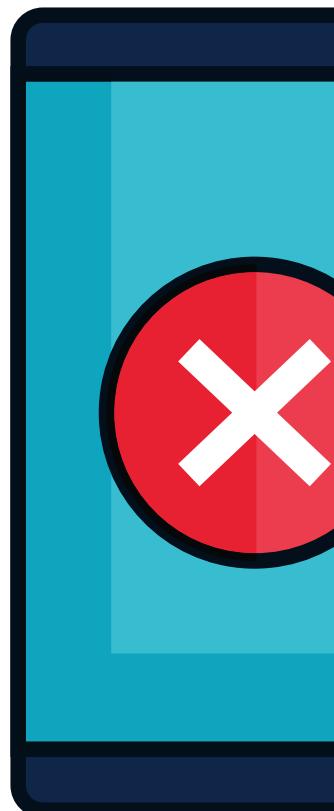
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## What is Cyberbullying?

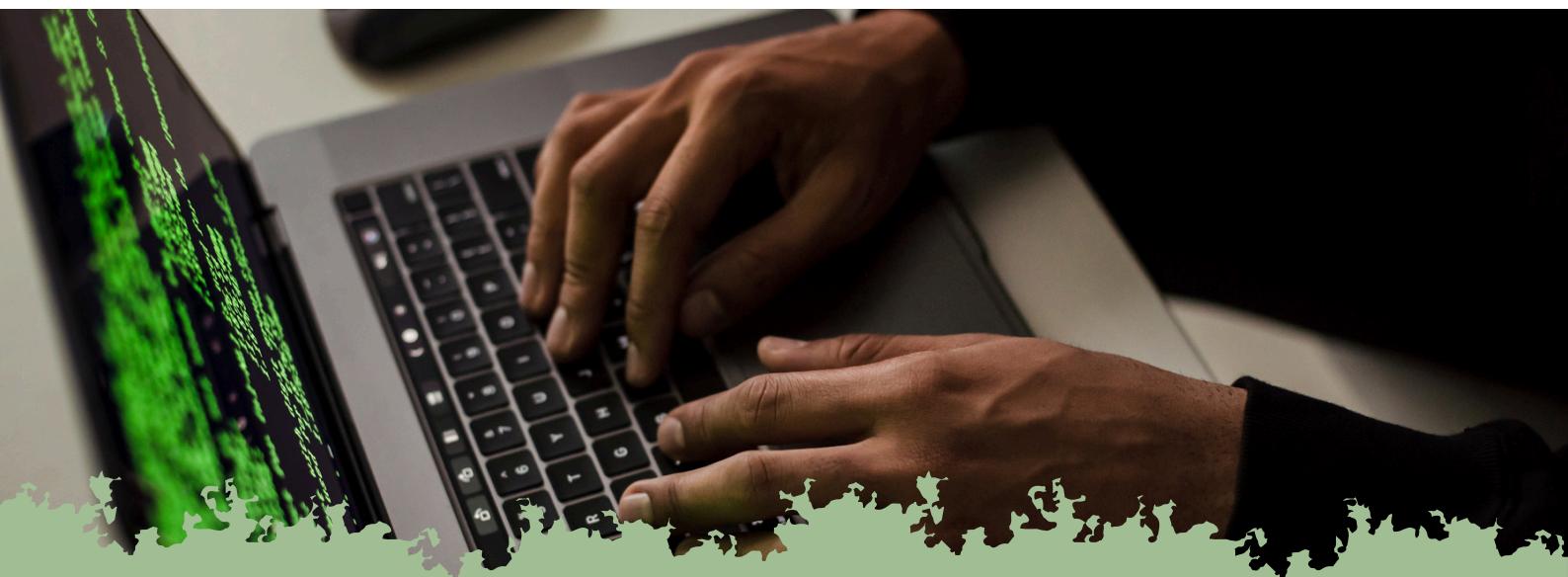
**Cyberbullying** is the use of devices such as computers and smartphones and tools such as texting and social media to hurt, embarrass, threaten, or mock an individual.

Examples of cyberbullying include making fun of someone, sharing gossip and rumours, threatening or ganging up on someone, and creating a poll to make someone look bad.





- **Online Reputation** is formed by an individual's online presence, posts, and shares on websites and social media. A negative online reputation can harm relationships, lead to cyberbullying, and reduce future opportunities.
- **Sexting** is when an individual creates, sends, or shares sexual messages, images, or videos with friends, people they know, or strangers. Sending sexual content, even to a boyfriend or a girlfriend, can be harmful and lead to negative consequences. Shared content is not controllable.
- **Sextortion (sex extortion)** is a type of blackmail when an individual threatens to send a sexual image or video of you to your family, friends, or others if you do not pay them, provide more sexual content, or fulfill their demands.





## What are the Legal Consequences of Cyberbullying?

Cyberbullies can be charged with criminal offences under Canada's Criminal Code, such as:

- Sharing intimate images without consent
- Intimidation
- Extortion
- Identity theft
- Cyberbullying can lead to fines and jail.



# How can kids and teens deal with cyberbullying?

To prevent cyberbullying:

- Do not post or share hurtful content.
- Assume everything you share is public.
- Learn about privacy settings and do not share passwords.
- Do not share personal information or naked photos.



If you are being cyberbullied:

- Do not respond with nasty messages.
- Copy the message to share with an adult.
- Report the content to an adult, school, site, or the app.
- Block the bully or break off contact.

If someone you know is being bullied:

- Do not share harmful content.
- If you know the bully, tell them to stop.
- Be there for the victim.
- Talk to an adult you trust.





# Action Strategies for Parents and Caregivers

- If your child is being cyber-bullied:
- Speak with your child calmly, learn about the extent of the bullying, tell your child not to respond to messages, and tell your child to block the bully.
- Document and report the incident to your child's school, Internet Service Providers, social media sites, and the police, as applicable.
- Deal with online sexual content using NeedHelpNow.ca
- Reach out for mental health support.





# Resources and References



- Cybertip.ca <https://www.cybertip.ca/en/> Online tip-line for reporting child sexual exploitation
- NeedHelpNow.ca <https://needhelpnow.ca/app/en/> To stop the spread of online sexual content
- Kids Help Phone <https://kidshelpphone.ca/> Text: 686868 or Call: 1-800-668-6868. for mental health support.
- Government of Canada Cyberbullying:  
<https://www.canada.ca/en/public-safety-canada/campaigns/cyberbullying.html>

