

CYBERBULLYING

QUICK FACTS

Cyberbullying is when someone is tormented, threatened, harassed, humiliated, embarrassed or targeted by another person using digital devices and online.

Cyber bullying can be very damaging to adolescents and teens. It can lead to anxiety, depression, and even suicide. Once things are circulated on the Internet, they may never disappear and can end up resurfacing again in the future. This can renew the pain of cyberbullying.

What Does a Cyberbully Do?

- Sends mean messages, insults, or threats to your email account or cell phone.
- Spread rumors online or through texts.
- Take unflattering pictures of a person and spread them through cell phones or the internet.
- Posts hurtful or threatening messages by text or on social networking sites
- Stealing a person's account information or break into their account to impersonate them and send damaging messages.
- Pretending to be someone else online to hurt another person.
- Sexting, or circulating sexually suggestive pictures or messages about a person.

Signs You Child is Being Cyberbullied

- Has strong emotional responses (anger, upset) to what is happening on their device
- Unexpectedly stops using their device(s)
- Appears sad, moody, anxious, nervous or jumpy
- Hides their screen when others are near
- Avoids discussion about what they are doing on their device
- Starts to avoid social activities or avoids going to school
- Appears angry, depressed or frustrated after going online (includes gaming)
- Becomes withdrawn from friends and family
- Frequently calls or texts from school requesting to go home sick
- Would rather spend more time with parents than other kids
- Seems depressed or makes passing statements about suicide
- Oversleeping or not sleeping enough

Signs Your Child is the Cyberbully

- Your child becomes secretive about their online activity: they quickly change the screen or hide their mobile device if you interrupt them and may become annoyed when you walk in on them.

- You start overhearing insults, snarky remarks or sarcastic laughter while your child is online or texting.
- Child has a large number of social networking accounts on multiple sites, which may be a sign they're using accounts to harass others.
- They spend long hours online, almost obsessively, perhaps finding times to be online when the rest of the family is asleep.
- Your child is spending time with friends who behave in ways that are mean or uncaring. Possibly cyberbullying to fit in with a new peer group.
- They don't seem to care if their words or actions hurt others.
- They may resist following rules.
- They may be judgmental and critical of others.

What Can You Do to Help?

- Go through Internet Safety Rules for Children and Teens
- Talk about and teach your children cyberbullying, what to do and explain the consequences on others.
- Make a rule that your children can not send mean or damaging messages, even if someone else started it.
- Make a rule that your children can not send suggestive pictures or messages
- Encourage them to tell an adult if cyberbullying is happening.
- Encourage your child to block the person sending the messages.
- Reassure and tell them if they are the victims they will not be punished, and reassure them that being bullied is not their fault. Always provide support.
- Teach your children not share anything through text or instant messaging that they would not want to be made public
- If your child has been a victim or perpetrator of cyberbullying they may need to talk to a counselor or therapist to overcome depression or other harmful effects of cyberbullying.

For more information:

Gaming-Gambling Awareness Program (G-GAP)
 Métis Nation of Ontario
ggap@metisnation.org
www.metisgaming.com

Métis Nation
 of Ontario 