



What you need to know **Cyberbullying** **Adults**

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

What is cyberbullying?

If someone is using technology such as cell phones or computers to intimidate or harass a child you care about, that child is being cyberbullied. Cyberbullying may include:

- Harassing or threatening someone through instant messages (IMs), phone calls, text messages, or emails, either within or outside the hockey environment
- Posting private or embarrassing photos online
- Starting a website that rates or disparages someone's hockey ability, be it a player, coach or official
- Verbally abusing other players in multiplayer online games, internet-connected console games, and virtual worlds
- Creating fake Facebook or Twitter accounts that ridicule or demean other players, coaches or officials
- Stealing someone's password and then impersonating them online
- Spreading lies, rumours or secrets online

Talking to a child about cyberbullying

Many young players keep cyberbullying secret from adults because they are afraid of losing their phone or computer privileges. Still, discussing the situation with an adult - a parent, guardian or coach - is a player's first step toward ending the harassment.

If you are the player's parent, guardian or coach, reassure them that you won't take away their phone or online privileges because they are being cyberbullied. No matter what your relationship to a player, avoid reacting with obvious fear or disappointment - this will just make them feel judged and more alone.

As a parent, guardian or coach, you should develop rules around ethical online behaviour for the players that you care about. For example, you could tell them that no one should use the internet to spread gossip, bully or make threats against others. Also, everyone should ask permission before they post and tag photos of others on their social networking pages. It is also important to tell players to keep passwords secret, even from friends.

Is cyberbullying dangerous?

Cyberbullying can be very emotionally damaging, particularly as young players are often reluctant to avoid technology. Players who cyberbully can reach others any time or place (as long as a phone or computer is on). Because of the anonymous nature of the internet, cyberbullying (for example, abusive rumours), can spread quickly and widely, all while remaining unknown to the person being targeted.

65%

*of young people said
they have been bullied
online before (Kids Help
Phone Survey)*





Teach players these four steps for responding to cyberbullying:

1. STOP



It might be tempting to reply to a cyberbullying message, but it's better not to retaliate.

2. SAVE



Don't delete the message. Having a record can help a player prove what happened.

3. BLOCK



Most websites – especially social networking sites, instant messaging services and forums – will let a player block users whose behaviour is inappropriate or threatening.

4. TELL



Teach players to tell a parent, guardian or coach whenever they are being cyberbullied.

How can I tell if a player is being cyberbullied?

Kids and teens who are being cyberbullied may:

- Seem upset when online
- Avoid the computer or quickly turn off the computer when adults approach
- Seem reluctant to go to school
- Appear withdrawn, anxious or depressed

What to do if you know a player being cyberbullied

Act immediately. Players need to know that you can and will help. If the person doing the cyberbullying is another player, consider reporting it to the local minor hockey association or league. If you feel that a player is physically at risk as a result of cyberbullying, call the police at once.

Stay aware. Keep computers in central locations where you can see them.

Be supportive. Don't minimize what a player who is being cyberbullied is going through. Listen to them, try to understand the impact the cyberbullying is having on them, and assure them that you are on their side.

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone



PREVNet

PROMOTING RELATIONSHIPS & ELIMINATING VIOLENCE NETWORK
Canada's authority on research and resources for bullying prevention

This Tip Sheet was developed by Kids Help Phone in partnership with Hockey Canada and with the support of PREVNet.