# What Puckster wants you to know
# Cyberbullying
## Kids

## What is cyberbullying?

Cyberbullying is when someone uses technology (cell phones, email, online games, websites) to hurt or embarrass someone on purpose.

Here are some examples:

- Sending mean texts or instant messages
- Hacking into someone's gaming or social networking profile
- Being rude or mean to someone in an online game
- Spreading secrets or rumours about people online
- Pretending to be someone else to spread hurtful messages online

PREV Net

## What makes cyberbullying different from other types of bullying?

- It's easy for people to hide who they are online, so you might not know who is bullying you.
- It's harder to get away from cyberbullying – it can happen anytime you have your phone or are at your computer.
- It's easier for players to be mean when they can't see the hurt they are causing.

*"They used to just bug me in the dressing room, but now they send mean texts when I'm at home."*

# I'm being cyberbullied.

## What should I do?

### 1. STOP

You might feel like being mean back, but it's better not to. Take a breath and count to ten.

### 2. SAVE

If it's a text or an email, don't delete it. If you're on a gaming or social networking site, take a screen shot. Having a copy of it will help you show someone what has happened.

### 3. TELL

It's important to tell someone you trust about what's happening. Get help to report hurtful online behaviour. If you feel unsafe, get a parent, guardian or coach to help you contact the police.

### 4. BLOCK

Block the person who is bullying you (you can get an adult or an older sibling to help you if you don't know how).

## How to protect yourself from cyberbullying

- Always keep your passwords private, even from your friends.
- Use a nickname that's different from your real name.
- Don't accept friend invites from strangers.
- Set up your profile to make sure that only friends can see it.

## Have you seen cyberbullying?

- If you see cyberbullying, tell someone!
- If you know someone who is being cyberbullied, show them this page!

**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.