



**Grades
K-3**

Cyber Respect and Online Kindness: Cyberbullying



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When someone (or a group) is being mean to someone else through the Internet or by using devices instead of in-person contact, that's called cyberbullying. It can include things like name-calling, spreading rumours, forcing someone to do something they don't want to do, or making fun of someone and getting others to join in. Cyberbullies usually target others through social media, on chat or text messaging, or while playing online games. Cyberbullying causes victims to feel sad, embarrassed and ashamed; and can lead to the bully getting into trouble.

This resource contains information and tips for parents/guardians to communicate with their kids about what cyberbullying is, how to report it, and how to respond through online kindness techniques.

A DEFINITION

Bullying & Cyberbullying

Before beginning the conversation with your kids, it's important for you to understand what bullying and cyberbullying look like.



Bullying is...

- Picking on someone or pulling a prank to be mean
- Calling people names or teasing, even if in a playful way
- Sharing someone else's secrets, spreading rumours or trying to get someone in trouble
- Leaving someone out of a game or activity on purpose
- Taking, hiding or breaking someone's things
- Threatening or scaring another person

Cyberbullying is...

- Like real-life bullying, but happens in online games, online messaging or social media
- Is hurtful and can follow us wherever we go with our devices and whenever we are online
- Is hard to see or notice because it doesn't happen the same way it happens in person



A photograph of two young girls sitting on a couch, looking at a smartphone together. The girl on the left has dark, curly hair and is wearing a white t-shirt with colorful polka dots and teal pants. The girl on the right has long, wavy blonde hair and is wearing a pink shirt and purple pants. The image is framed with a purple border at the top and bottom.

Bullying:

A person or group is mean on purpose – over and over – to make someone feel bad, hurt, scared or embarrassed.

Cyberbullying:

Bullying that is done using technology, like a cellphone, computer or tablet.

Why do people cyberbully?

- They may be picking on those who are “different” from them, out of misunderstanding or fear.
- They might not feel good about themselves or are having a bad day, and want someone else to feel just as bad.
- They may feel hurt or angry themselves, so they take it out on others.
- They may be secretly jealous of the people they’re picking on.



Why is cyberbullying bad?

- It hurts other people’s feelings.
- It can cause physical or mental harm to others.
- It can get the bully into a lot of trouble.

CALL TO ACTION

Cyber Kindness:

Using the Internet in a positive way, such as writing nice messages on social media or sharing photos/videos online to brighten someone's day.



Be a Cyber Kindness Citizen!

- Ask for help from a parent/guardian or trusted adult, like a teacher.
- Don't pay attention to the bully; instead, focus on being nice and helping people you know who are being bullied, both in-person and online.
- Always be kind and good-hearted; spread good feelings by making others feel good about themselves.



Trusted Adult:

An adult that a child has a good relationship with, and who has their best interests and safety in mind.



If kids are being cyberbullied, they should:

- Talk to parent/guardian or trusted adult, and ask them for help.
- Stop talking to or ignore the bully or unfriend/unfollow them.
- Block the bully so they can no longer talk to them or follow them.

Conversation Starter:

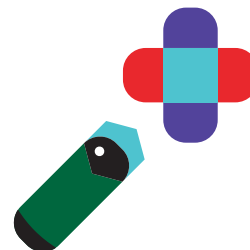
**What would you do if you or one of your friends was being bullied?
Who could you ask for help?**

Remember!

Be kind online –
practice Cyber
Kindness!

Report bullying and get help

- Tell a parent/guardian or trusted adult right away when they or someone else is being bullied.
- Kids can save screenshots of bullying messages/posts and report them to a parent/guardian, or trusted adult so they can help do something about it.
- For unwanted messages on social media platforms or downloaded apps, ask a parent/guardian to report cyberbullying instances directly to the corresponding social media or application Help Centre/ Customer Care.
- **Remind your kids that they can always connect with Kids Help Phone by texting: 686868 or calling: 1-800-668-6868.**



ACTIVITY **1**

Activities are a useful way for kids to test and demonstrate their knowledge on the topic covered in this resource.

Draw a picture in the box below of a kind thing you did for friends or family.

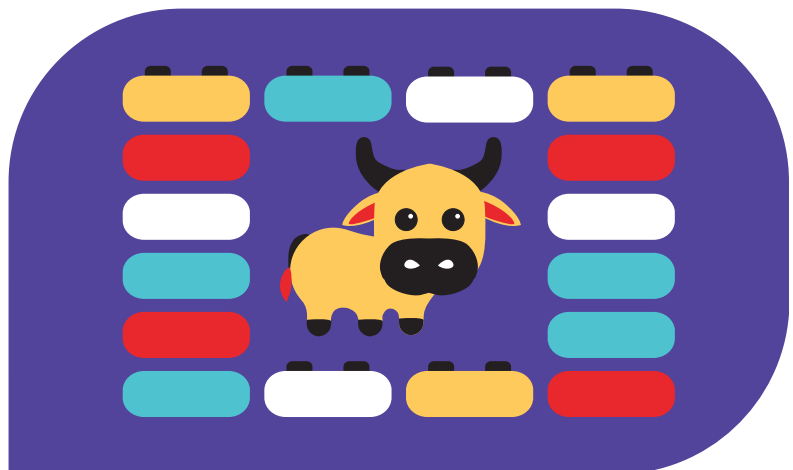


ACTIVITY 2

Match the **NUMBER** to the **LETTER** to decode the secret message.

2	12	15	3	11	20	8	5	2	21	12	12	25
A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

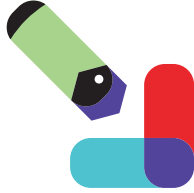
Hint:



Answer: Block the bully



FOR MORE INFORMATION



To help you have, or continue, the conversation about bullying and cyberbullying, here's a list of recommended books that you can read with your kids:

- [The Cool Bean](#) by Jory John
- [Big Red & The Little Bitty Wolf: A Story About Bullying](#) by Jeanie Franz Ransom
- [Nerdy Birdy Tweets](#) by Aaron Reynolds
- [The Recess Queen](#) by Alexis O'Neill
- [One](#) by Kathryn Otoshi

Kids Help Phone:

Contact by text message at 686868 or by phone at 1-800-668-6868 from across Canada, 24 hours a day, 7 days a week; or access their resources online: kidshelpphone.ca





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