



**Grades  
4-6**

# **Cyber Respect and Online Kindness: Cyberbullying**



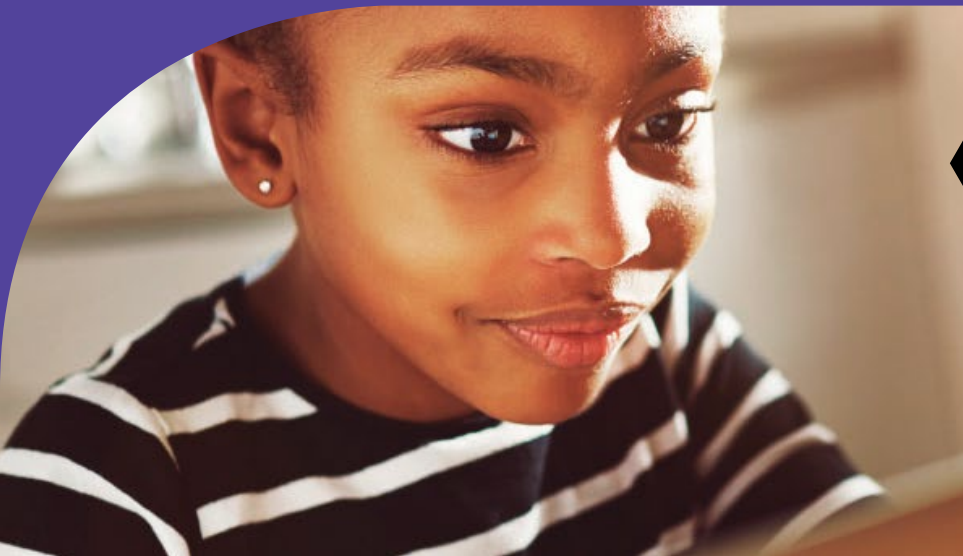
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When someone (or a group) is being mean to someone else online or through text messaging, that's called cyberbullying. It can include things like name-calling, spreading rumors, forcing someone to do something they don't want to do, or making fun of someone and getting others to join in. Cyberbullies usually target others through comments/images on social media, 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:**

A person or a group is mean on purpose – often repeatedly – to make someone feel hurt, afraid or embarrassed.

## What is bullying?

Before beginning the conversation with your kids, you must first understand what bullying looks like.

### **Bullying is...**

- When someone tries to be mean to or hurt another person, on purpose (e.g., leaving them out of activities, physically injuring them)
- When someone makes fun of, or picks on another person, on purpose (e.g., name-calling, spreading rumours)
- Often a repetitive pattern of behaviour – however, even a single instance can be considered bullying
- Can be physical, verbal, psychological or a combination of the three

### **Bullying is not...**

- Disagreeing with someone or having a difference of opinion
- Speaking your mind or being honest, unless it becomes very personal or the intention is to hurt someone else's feelings
- An argument or a single instance of behaviour that is out of proportion

### **Conversation Starter:**

**DISCUSS HONESTY VS. BULLYING:** If someone tells another person playing basketball that they had a bad game, while offering them tips to improve, this is being honest. However, if they say they aren't good enough to play, or tell them they're slow, weak or lazy, it becomes bullying. How come?



### Cyberbullying:

The use of electronic communication to bully someone or a group.



## What is cyberbullying?

- Posting mean things (words, emojis or pictures) online, to or about another person, to hurt their feelings.
- Using another person's online profile to post embarrassing things about them.
- Can start online, then shift to in-person – or begin in-person and move online.
- Posting embarrassing photos or videos of a person, like a picture of them dressed differently or, a video of them falling off their bike, and then making fun of them, etc.
- Les messages publiés en ligne ou envoyés par message texte peuvent avoir pour but de faire une blague ou de taquiner, mais s'ils blessent quelqu'un, ce n'est plus une plaisanterie. Et si leur auteure ou auteur n'y met pas un terme quand on le lui demande, ou continue même en sachant que ça blesse la personne, ça devient de l'intimidation.



**Post/posting:** A message that is shared on the Internet for everyone to read.

**Émoji :** Symbols or pictures used while texting or posting comments that share how the sender is feeling.



## 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.



## Consequences of cyberbullying

- Bullies can get into trouble at school, with the police, and with their parents/guardians at home.
- By being mean and hurtful, bullies may damage the way other people view them.
- Bullies can hurt people, but bullying can also make them feel bad about themselves.

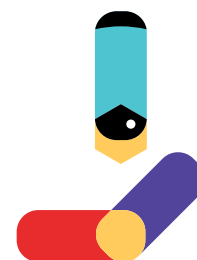


## CALL TO ACTION

### How do you deal with a cyberbully?

#### Be kind online

- We should always treat others the way we want to be treated.
- Treat others with kindness at all times – it's always easier to be kind than to be mean.
- When seeing someone being kind to someone else, give them a compliment and help them feel good about being kind.



#### Upstander:

Someone who speaks up for and/or acts in support of someone in need.





## Be an “upstander,” not a “bystander”

### Bystander:

Someone who knows about or sees something hurtful happening, but chooses to not get involved.

- If the bully is someone they know, kids can help the bully see kindness by being kind to them, like posting something positive about them or inviting them to join an online community. However, kids shouldn't confront a bully who is a stranger, either in person or online, instead they should tell a parent/guardian, or trusted adult.
- Kids should support people in need when witnessing bullying, both online and offline. If it's a friend or someone they know: Ask how they're feeling, if they need help, if they should call someone for them or if they just want to talk. If it's someone they don't know, they should tell a parent/guardian, or trusted adult.
- Kids can get together with friends, classmates or teammates who also want to be upstanders – a group of positive people looking out for each other can make a big difference for someone who's been hurt by a bully!



## Record it, report it, don't support it

- Kids shouldn't argue with bullies online or offline, because this only gives them the attention they're looking for.
- Kids should know that they can block or unfriend bullies.
- 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.
- During the school year, report to the teacher, principal and school administrators.
- For unwanted text messages or phone calls, most cellphones have a "block number" function. For unwanted messages on social media platforms or downloaded apps, report cyberbullying instances directly to the corresponding social media or application Help Centre/Customer Care.
- Report criminal offences (e.g., threats, assaults, harassment and exploitation) to local police.
- **Remind your kids that they can always connect with Kids Help Phone by texting: 686868 or calling: 1-800-668-6868.**

### Trusted Adult:

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



## Conversation Starter:

What would you do if you or someone you knew was being bullied?  
Who would you go to for help?





# ACTIVITY 1

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

## Cyber Respect and Online Kindness Word Search

Can you find the keywords related cyber respect and online kindness? As you find the words, think about what they mean, what you have learned, and how you can share this information with others!



**Cyberbully**

**Bullying**

**Online**

**Golden rule Un-  
friend**

**Trust**

**Upstander**

**Personal**

**Kindness**

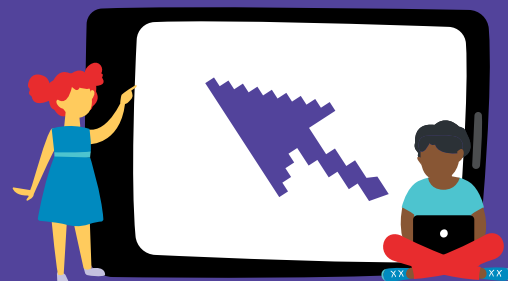
**Bystander**

**Offline**

**Block**

### Online:

Relating to or connected to a computer or telecommunications system (such as the Internet).



# ACTIVITY 2

**Kindness Challenge! Create 3 positive posts...**

**For a member of your family:**

1



EXAMPLE : My dad and I baked this cake. YUM!



**For a friend:**

2

EXAMPLE: Ashley, I saw that you won your cross-country race. That's amazing! You trained so hard to finish the race!



**For yourself:**

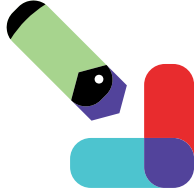
3



EXAMPLE: This is my puppy Lucky. He's a cutie! I finally taught him to sit.



## FOR MORE INFORMATION



There are some great books out there for kids to read on cyberbullying, to continue the conversation and learning process. Check them out online:

- *Bully* by Patricia Polacco
- *Wonder* by R.J. Palacio
- *Smile* by Raina Telgemeier
- *Reformed* by Justin Weinberger
- *The Misadventures of Max Crumbly: Locker Hero* by Justin Weinberger

### 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](https://kidshelpphone.ca)





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