

Positive Intervention Responses

- Report the cyberbullying to an adult you trust, such as a parent, a teacher, or a cadet or JCR leader.
- Be direct. Tell your friends that you will not participate in cyberbullying and that it is not okay with you.
- Delete photos or cyberbullying messages that are passed on to you. Refuse to pass them along.
- Keep a record of cyberbullying messages by taking a screenshot. You can use this as evidence if you report.
- Journal or record what is happening, so you can report with as much detail as possible.
- Stand up to the person who is cyberbullying. You can tell them to stop it. This will show others that the behaviour is not acceptable, and may inspire them to join in and take a stand.
- If you are unsure what to do, contact Kids Help Phone. You can speak with a counsellor on the phone, online, or via text message and they can help you come up with some solutions.
- Call the police if you feel unsafe or threatened.
- Tell your friend that it is not their fault that they are being cyberbullied. Link them to resources (e.g., Kids Help Phone, a school counsellor, or an elder) so that they can talk about what is happening and get help.