

Healthy Relationships: Navigating Cyberbullying and Cyberviolence

A Principal's Guide to Helping Students Help Students

Principals want to assist you because you are a friend, ally, parent/guardian or witness to a student who has been harmed.

Do you know that principals know that...

- students who have been bullied tend to reach out to their friends first?
- your relationship to someone who has been hurt is important in their healing process?
- you may be the difference for someone who was hurt?
- all incidents of cyberbullying must be taken seriously?
- students may be hesitant to speak up for fear of repercussions, being judged, not being believed, losing their device, being disciplined or even being outed?

Principals are here to help YOU...too!

Did you know...

- most cyberbullies and victims know each other?
- 50% of youth and 30% of parents/guardians say they have witnessed cyberbullying?
- 65% of youth say that they would tell a friend over a parent/guardian or trusted adult?

So what can you do to help?

- Trust your principal to help you!
- Do not respond to the texts or messages
- Block the user
- Adjust your privacy settings
- Report the behaviour through the social media site, to your teachers, your parent/guardian or another trusted adult
- Talk to someone you trust

If you or a friend are experiencing cyberbullying, you can take action

Royal Canadian Mounted Police (RCMP)



Show your friend that you are there for them.

- Remind your friend that this is not their fault and they don't deserve to be treated this way. This may help them talk about it.
- Ask your friend what they need and help them find a solution. Ask them not to seek revenge because that can just make things worse.
- Help your friend talk with a trusted adult at home or at school about it, but do not speak for them unless they ask you to.
- Check back with your friend often and see how they are doing.



Say something...Speak UP!

- Speak up! Remaining silent could be misinterpreted as approval by both your friend and the cyberbully. Once you speak up, other people are more likely to speak up too.
- Investigate creating a school wide campaign on "Speak UP." A campaign focus could include the bully, the bullies and/or the bystander.
- If it safe to do so, comment disapprovingly on posts, images or videos that hurt people; refuse to forward or share them; without being confrontational, explain that this behaviour is not okay with you; ask the person to stop.
- Stand up against cyberbullying, tell the bully it's not okay with you. Be clear, but do not start a fight about it.
- Call out cyberbullying by saying things like "That's mean!" or "Stop it!" to show that you do not approve.
- **Tell your friend there could be legal consequences of cyberbullying.**

Someone I know is being cyberbullied (Public Safety Canada)

The action statements have been modified from the following resources (see hyperlinks):

[RCMP Just the Facts](#)

[Someone I know is being cyberbullied](#)

[Infosheet Cyberbullying](#)

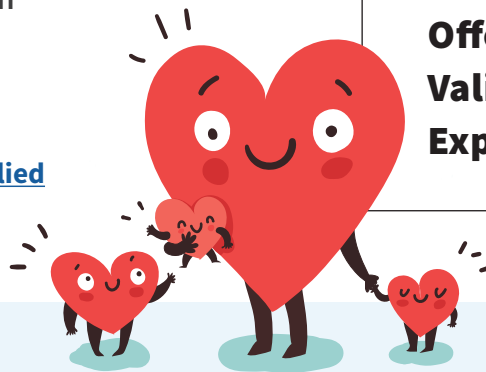
Advice for Parents: L-O-V-E

Listen to your child.

Offer support and advocacy.

Validate your child's feelings.

Explore resources together.



RESOURCES

[PREVNet](#)

[MediaSmarts](#)

[Kids Help Phone](#)

[Tip sheet for parents \(in 20 languages\)](#)

Visit your local Law Enforcement's website

[Canadian Centre for Cyber Security](#)

[Canadian Anti-Fraud Centre](#)

[Teach your children how to respond to cyberbullying](#)

[Healthy Relationships \(Ontario Principals' Council\)](#)

Visit your local Victim Services' website