



Cyber Bullying

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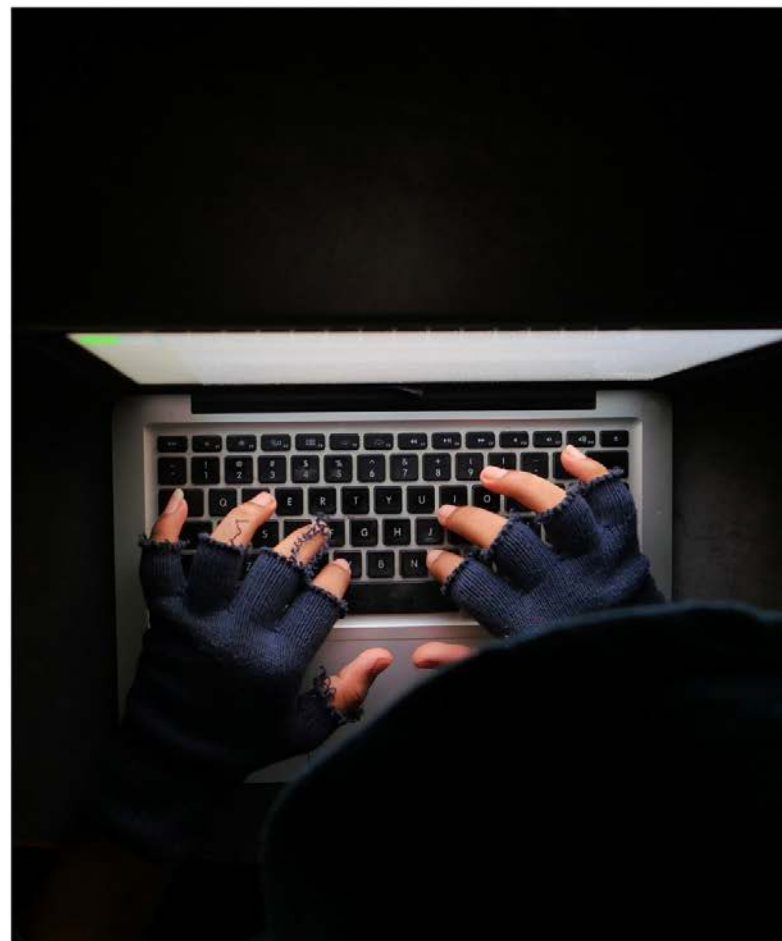
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Za-geh-do-win

Information Clearinghouse



Cyber Bullying

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To obtain copies of Za-geh-do-win
Information Clearinghouse documents,
please contact Za-geh-do-win Information
Clearinghouse at 1-800-669-2538

Other Documents:

Abuse
Understanding Anger
Stress Management
Alcohol and Your Health
Bullying
Violence/Non-Violence
Dating Violence
Elder Abuse
Understanding Grief



References

Steeves, V. (2014). Young Canadians in a Wired World, Phase III: Cyberbullying: Dealing with online meanness, cruelty, and threats. MediaSmarts.

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Research and Policy (August 19,2021) Media Smarts,
<https://mediasmarts.ca/research-policy>.

facts on Bullying and Harassment (August 2021)
Redcross.ca, <https://redcross.ca/how-we-help/violence-bullying-and-abuse-prevention/educators/bullying-and-harassment-prevention/facts-on-bullying-and-harassment>.

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Notes

YOU CAN BE THE CHANGE

What is Cyber Bullying?

Cyber bullying is when a child/teen targets another child/teen under the age of 18 online with actions that deliberately and repeatedly cause harm through tormenting, threats, harassment, humiliation, embarrassment, or social exclusion. This largely takes place among teens but can start as early as 7 or 8 years old. This can include:

- Sending abusive messages directly to someone online repeatedly
- Actively excluding someone out of peer groups
- Posting photos without someone's consent (specifically photos that are embarrassing and/or intimate)
- Outing someone online (revealing a 2SLGBTQ person's sexual orientation or gender identity)
- Posting lies, gossip, or personal information/secret about someone online
- Impersonating someone online to misrepresent the victim or impersonate someone to 'catfish' a victim by using a fabricated identity to lure a victim into a fake relationship and use the information they gathered to cause harm



Statistics

- 23% of Canadian students from grades 4–11 have said or done something mean or cruel to someone online while 37% reported that someone has said or done mean or cruel things to them online that made them feel badly(1)
- 52% of LGBTQ youth between the ages of 11–22 reported having been targets of cyberbullying multiple times(2)

[1] Steeves, V. (2014). Young Canadians in a Wired World, Phase III: Cyberbullying: Dealing with online meanness, cruelty, and threats. MediaSmarts.

[2] Cooper, R.M. & Blumenfeld, W.J. (2012). Responses to cyberbullying: a descriptive analysis of the frequency and impact of LGBT and allied youth. Journal of LGBT Youth. 9, 153–177.

How is it different from other types of bullying?

Among 15–20 year olds, about 1 in 5 experienced cyber stalking, cyber bullying or both

What makes cyber bullying different from other forms of bullying like physical, verbal, or social is that it happens on social media platforms, gaming platforms, by text, or any other digital form of communication.

Cyberbullying can often be happening alongside face-to-face bullying but leaves a digital footprint – a record which can sometimes be useful when providing evidence to help stop abuse

Cyber bullying also has the potential to reach a much wider and virtually unlimited audience than other types of bullying. One post, photo, video, or screenshot can be shared over and over again.

Signs your child or someone you know may be cyber bullied:

- Appears upset or sad during or after being online or on their phone



- Withdraws from family and friends
- Less interested in activities they previously enjoyed participating in
- Suddenly falls behind in school or an unexpected decline in grades
- Refuses or reluctant to go to school or particular classes
- Avoids leaving the house and being in social situations they used to enjoy
- Appears to be more sad, depressed, irritable, or angry than usual
- Suddenly has more trouble sleeping or eating
- Becomes more secretive about their online activities

Notes

Resources

<https://www.unicef.org/end-violence/how-to-stop-cyberbullying>

First Nations, Métis & Inuit Hope for Wellness Help Line

Call 1-855-242-3310

The hotline is available 24/7, Canada-wide

Talk4Healing

Call or text at 1-855-554-HEAL, or send a message online at

<https://www.talk4healing.com/>

The hotline is available for Indigenous women 24/7, Ontario-wide

Kids Help Phone

text TALK to 686868, call 1-800-668-6868, or send a message online at

KidsHelpPhone.ca

The hotline is available 24/7, Canada-wide

Canada Suicide Prevention Service

Call 1-833-456-4566

The hotline is available 24/7, Canada-wide

The Key: Aboriginal Mental Health Services/Support Directory

Za-geh-do-win Information Clearinghouse

An Ontario wide selection of available mental health services and supports. This directory provides listings on healing lodges, healing centres, health organizations and more.

<http://www.za-geh-do-win.com/PDF/The%20Key.pdf>

Cyberbullying: What is it and how to stop it

United Nations Children's Fund, UNICEF

Reporting abuse and safety resources links for online social platforms including Facebook, Instagram, TikTok, YouTube, Twitter, etc.

<https://www.unicef.org/end-violence/how-to-stop-cyberbullying>

What Can You Do...?

If you are being cyberbullied:

- Tell an adult you trust about it which can be a parent, close family member, teacher, counsellor, etc.
- If it is happening on social media, consider blocking whoever is bullying you and filing a complaint on the social media platform
- It is helpful to collect evidence – cyberbullying makes it easier to do so through screen shots of social media posts or messages
- When the bullying takes place online, it can result in unwanted attention from a wider range of people including strangers
- If you are feeling upset and don't know who to turn to call a helpline and if you are in immediate danger call 911



If you think someone you know is being cyber bullied:

- Offer support to the person experiencing the cyberbullying by listening to them; what are they feeling? Why are they or why are they not reporting the bullying? How can you best support them?
- Support the person by encouraging them to report the bullying or talk to someone who may be able to help.
- It is best to speak to the person who you think is being cyber bullied, doing nothing can leave them feeling isolated and alone in what they are going through. Reaching out even if they don't want help is important and can make a difference.
- If you don't feel comfortable speaking directly to the person you think is being cyber bullied speak to a trusted adult about it and see if there are others that can offer support.

If you think your child is being cyber bullied:

- Talk to your child and make sure they feel safe; avoid shaming them for not coming to you sooner or judging how they have dealt with it
- Take your child's concerns seriously, don't tell them to just ignore it or to retaliate
- Be calm in how you address the bullying as it can be emotional, and overreacting is not helpful; do not contact the bully's parents as it can lead to the situation escalating
- Report the bullying to the appropriate institution like directly on the social media platform, to their school, or to police depending on how serious the situation is and who is involved
- Seek out the help of a mental health professional if needed; especially if your child is showing signs of depression, anxiety, self-harm, etc.



If you think your child is cyber bullying others:

- Educate your child about cyberbullying and the impacts this has on the victim and foster empathy by having a conversation about how they would feel if this was happening to someone they loved or themselves.
- Talk about the legal consequences of their actions as there are multiple charges relating to cyberbullying including: Criminal harassment, Uttering threats, Intimidation, Mischief in relation to data, Identity fraud, Extortion, False messages, indecent or harassing telephone calls, Counselling suicide, Incitement of hatred, Defamatory libel, and distributing an intimate image without consent.
- Monitor their social media use and set appropriate consequences for their actions if they continue this type of behaviour.
- Help them seek out a mental health professional if there are emotional issues they are dealing with that has to do with why they are engaging in bullying.
- Don't 'freak out' on your child or try to direct blame away from your child's behaviour.

7 Grandfather Teachings:



Guiding our online behaviour

Wisdom

Is to know and understand. Reflect on how the things that go online affect your future including future jobs and what follows you into adulthood.

Love

To know love is to know peace. Love yourself and others enough to not cause harm. Unite as a people, love is needed by everyone. Don't feed negativity into the cyber community.

Respect

Honour yourself and the cyber community. To treat all with respect is to honour all. Think before you post.

Courage

Know and respect peoples' boundaries, including your own. Take a stand against what you see or hear that is hurtful in a graceful and appropriate manner.

Honesty

Speak from the heart. Be honest with what you post, by make sure you are being respectful about what you are posting. Be honest in words and actions.

Humility

Understand and believe that everyone is equal and that everyone deserves respect, regardless of what is posted. What you post or repost can hurt others. Make sure your actions treat others fairly and in a good way.

Truth

Be true to yourself and abide by the teachings. This will guide your behaviour and will tell you what your boundaries are, when they have been crossed and how to take appropriation action.