Cyberbullying is when people use cell phones, text messages, email, social media, websites or any other electronic technology to upset, threaten or embarrass another person. It can include put-downs, insults, spreading rumours, sharing private information, photos or videos, or threatening to do harm. If you are being cyberbullied, stand up by saving a copy so that you can report it, blocking senders who try to cyberbully you, and talking to an adult you trust. Don’t reply by being mean yourself!

If you see that someone is being cyberbullied, remember to listen and be caring and kind, and report it to a principal, teacher or parent. Be sure not to press send and share messages or pictures that might hurt or embarrass someone. Instead press delete. If you know who is doing the cyberbullying, ask them to stop.

Unscramble these cyberbullying phrases – some might be more than one word!

TEPERCS
ETSEGSMATXE
RETNNIET
TELEED
NUPSTAD
KATL
DELAISCOMIA
OPERRT
CLOKB
TEMPOCUR
VORMEE
EZIPGOLAO
ANSWER KEY

RESPECT
TEXT MESSAGE
INTERNET
DELETE
STAND UP
TALK
SOCIAL MEDIA
REPORT
BLOCK
COMPUTER
REMOVE
APOLOGIZE