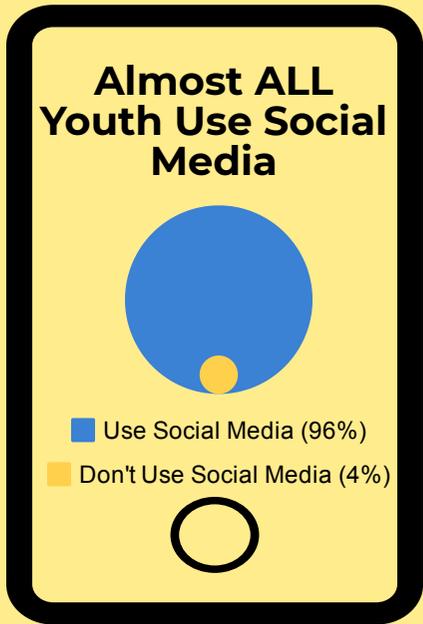


? **What is Cyberbullying?**

A form of **cyberviolence** that includes the same kind of verbal and social bullying that happens in physical spaces but is done online. This may include name calling, threats, teasing, posting embarrassing photos or videos, and/or spreading rumours.

! Nearly **100%** of youth aged 15-24 use the internet on a daily basis.

15% of youth aged 15 to 34 said they were cyberbullied or cyberstalked in the past 5 years

💡 Dos and Don'ts of Cyber Safety

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1. Privatize social media accounts
 2. Turn off geotags option in your smartphone
 3. Talk to and listen to your child
 4. If you find out your child is being cyberbullied, ensure their safety is given top priority
 5. Report to:
 - **Peel Regional Police Non-Emergency Line** (905-453-3311)
 - **Crime Stoppers** (1-800-222-TIPS)
 - **Cybertip.ca**
 - Site or App the bullying is taking place on
 6. Take it seriously
 7. Make sure school support is present
 8. Use online and community resources to inform yourself of the issue
 9. Collect evidence (screenshots, screen recordings, etc) to provide to authorities

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1. DON'T post anything you might find embarrassing later
 2. DON'T "friend" anyone you don't know or haven't met
 3. DON'T blame the victim (it takes courage to ask for help!)
 4. DON'T brush it off when your child says they're "fine"

Is My Child Being Cyberbullied? (Signs to Look Out For)

- Depression
- Changes in eating habits
- Aggressive behaviours
- Prefers to spend time with parents more than peers
- Secrecy around online activities
- Excessive school absenteeism
- Withdraws from family and friends
- Develops social anxiety
- Changes in sleeping habits
- Suddenly stops using devices
- Stress-related health issues

If you notice some of these signs in your child, start a conversation!