

# CYBERBULLYING

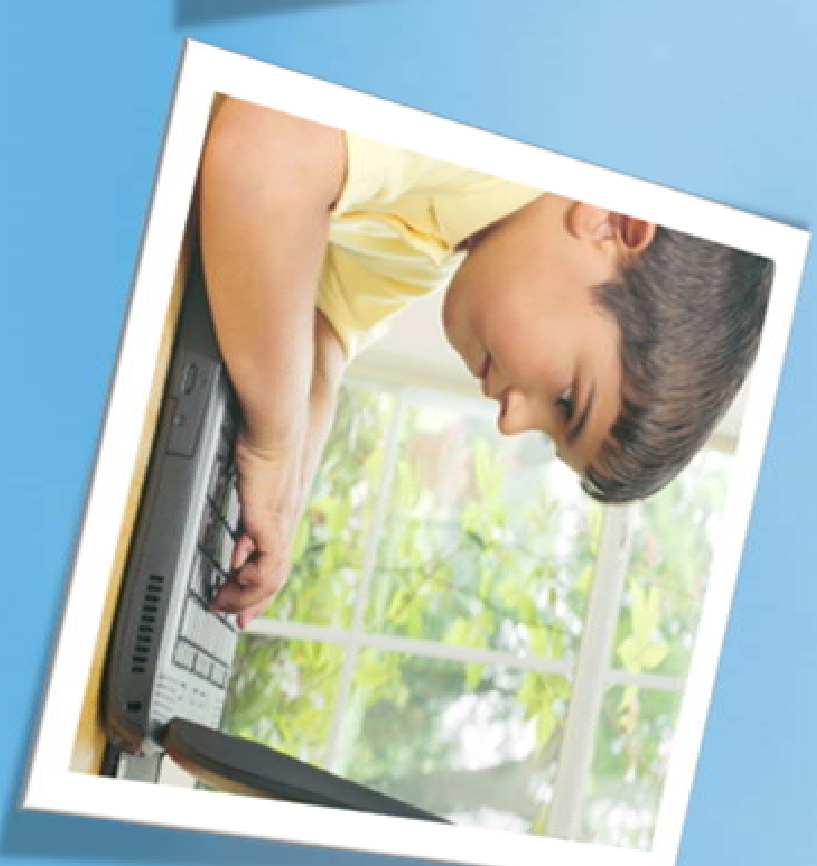
## How To Protect Yourself

- Trust your instincts - if it doesn't feel right, it probably isn't.
- Check your digital footprint - Google your name to see how much info is online about you.
- Never open messages from unknown people.
- Protect passwords.
- Never give out personal information.
- Don't believe everything you read.
- Don't reply to the bullies messages.
- Walk away from the phone or computer
  - you don't always have to be online.
- Tell someone you trust. Go to the police if there is any threat of violence.
- To report, save as much information as you can. Don't erase - Keep messages as proof.



## Tips for Parents

- Talk about the issue!
- Use internet safety & parental control software.
- Keep current - Learn the lingo, how to text, use networking sites & instant messaging.
- Monitor computer activity. Parents should know what kids are doing online.
- Keep the computer in a high traffic area & set rules about computer use.
- Keep a list of all passwords, including your child's passwords.
- If you need help, contact your internet service provider or police.



Do you need more help? Contact your local

**Mental Health & Addiction Services Office.**

Kids Help Phone 1-800-668-6868

NL Health Line 1-888-709-2929

Mental Health Crisis Line 1-888-737-4668



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