







ASK YOURSELF

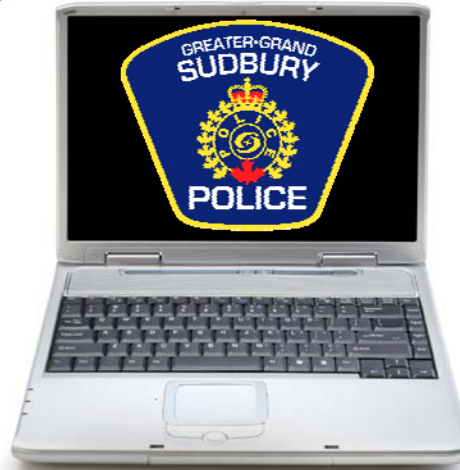
-  Am I being kind and showing respect to others and myself?
-  How would I feel if someone did the same thing to me or my best friend?
-  How do I feel inside?
-  Is this action in violation of any agreement, rule or law?
-  How would I feel if everyone could see me?
-  How does this action reflect on me?



For more help, contact
Kid's Help Phone
1-800-668-6868
(Under 18)

CONTACT US

Our Community - Our Commitment



Greater Sudbury Police Service

190 Brady Street
Sudbury Ontario
P3E 1C7

Phone

705-675-9171
9-1-1 for Emergencies

Fax

705-675-8871

Website

www.police.sudbury.on.ca

To anonymously
report a crime, call
Crime Stoppers at
(705) 675-8477.



A cyber bully is not anonymous and can be traced. Don't feel ashamed to ask for help. Speak out.

CYBER-BULLYING









**What is it?
What to do if you
are bullied?
How to prevent it?**

WHAT IS CYBER-BULLYING?



Cyber-bullying is a form of bullying that is carried out through an Internet service such as email, chat rooms, discussion forums, instant messaging or mobile phone technologies such as text messaging.







Examples are:

-  A threatening or insulting email, instant message or SMS.
-  A website set up to target other students or teachers.
-  Hateful voice messages.
-  Forwarding private videos, messages, pictures, etc.
-  Spreading rumours by posting messages on a social networking site.
-  Creating a fake email account to abuse and harass others.

HOW TO PREVENT CYBER-BULLYING?

-  Never give out your personal information.
-  Don't open a message from someone you don't know.


WHAT TO DO IF YOU ARE BEING BULLIED?


-  Don't reply to abusive messages. This will only encourage the bully.
-  Keep a record of messages or pictures. You will need them for the police, Internet Service Provider, or mobile phone company to trace the bully.
-  Think before you send pictures of someone via e-mail or mobile phone. These can spread far beyond your circle of friends.
-  If you receive a rude image or text about someone else, do not forward it. You could be assisting a bully or breaking the law.




CYBER-BULLYING AND LAW

Some forms of online bullying are considered criminal acts. Under the Criminal Code of Canada, it is a crime to:

-  Communicate repeatedly with someone if the communication causes them to fear for their own safety or the safety of others.

-  Write something that is designed to insult a person or likely to injure a person's reputation by exposing them to hatred, contempt or ridicule.

-  A cyber-bully may also be violating the Canadian Human Rights Act, if he or she spreads hate or discrimination that is based on race, nationality or ethnic origin, family status, religion, age, sex, sexual orientation, marital status, colour or disability.

