

# BE A RESPONSIBLE DIGITAL CITIZEN



## BULLYING:

Behaviour, typically repeated, that is intended to cause or should be known to cause fear, intimidation, humiliation, distress or other harm to another person's body, feelings, self-esteem, reputation or property, and can be direct or indirect, and includes assisting or encouraging the behaviour in any way.

## CYBERBULLYING:

Bullying by electronic means that occurs through the use of technology, including computers or other electronic devices, social networks, text messaging, instant messaging, websites or e-mail.

## CYBERBULLYING IS A SERIOUS ISSUE

- **Cyberbullying is hurting too many of our young people.**  
In a survey of Nova Scotia students, 75% of respondents said they believe bullying is a problem, and 60% of respondents indicated that they had been bullied.
- **The province is taking action!**  
People who cyberbully will be held accountable for their harmful actions.
- **Putting a stop to cyberbullying requires help from everyone.**  
Cyberbullying is a societal issue, and all of us have a role – including government, communities, parents, families, schools, police, and youth – to end its harmful effects.

## HOW TO BE A RESPONSIBLE DIGITAL CITIZEN:

### PROTECT YOUR PROFILE:

Only connect with people you know and trust on social network sites. Be careful about sharing personal information, even with people you know in a private email or text. Once you hit send, you can't take it back!

### PASSWORD PROTECT YOUR PHONE:

Be sure to password protect your phone and keep your password private. Not doing this is the digital equivalent of leaving your home or car unlocked.

### MODEL DIGITAL CITIZENSHIP:

Think before you post, send a text message, email or tweet. Always remember that you alone are responsible for your words and actions.

### CYBERBULLYING IS EVERYONE'S RESPONSIBILITY:

Communications devices like cell phones, computers and social media sites are powerful methods to stay connected. How you choose to use them can make all the difference.

### BE PART OF THE SOLUTION:

Stand up for Human Rights by refusing to forward text messages or photos that are hurtful, demeaning or disrespectful.

## WHAT IF YOU ARE BEING CYBERBULLIED?

### SPEAK UP:

If someone sends you a text, tweet or email that makes you uncomfortable TELL SOMEONE YOU TRUST (family member, teacher, police personnel, friend).

### CONTROL YOUR ONLINE PRESENCE:

Increase your security settings online, hide your profile and block users.

### SAVE THE EVIDENCE:

Save offending messages, pictures or copies of conversations.

### KNOW WHERE TO GO:

There are supports and services available to help you deal with cyberbullying. Information on where you can turn if you need help is available at [antibullying.novascotia.ca](http://antibullying.novascotia.ca)

### REPORT SERIOUS FORMS OF CYBERBULLYING:

Inform the appropriate authorities (teachers, principals, police personnel).