

# LIVING IN THE DIGITAL WORLD

## Cyberbullying

According to the Canadian Red Cross, Cyberbullying is using online and mobile technology to harm other people, in a deliberate, repeated and hostile manner. Cyberbullying affects victims differently than traditional bullying. It can follow a victim everywhere 24 hours a day, 7 days a week, from school, to work and all the way into the comfort of their home. Parents and Caregivers play a critical role in preventing and addressing bullying.

### TIPS FOR PARENTS & CAREGIVERS:

*Stay informed* and familiarize yourself with the online activities of your children.

Limit use of computers and smart phones to a common area so you can *monitor activities*.

*Recognize* that online communication is a very important social aspect in your child's life. Removal of online privileges should not be an automatic response to an instance of cyberbullying.

*Report* incidents of online harassment, physical threats and bullying that occur over your child's cell phone to your local police.

**February 28, 2018** is Pink Shirt Day, take a stand against bullying and learn more about how to participate [HERE](#)