BULLYING

Bullying is when someone has or is trying to hurt someone - whether it's your body, feeling, self-esteem, reputation or by damaging your property. Helping or encouraging bullying is also bullying.

Bullying hurts. It can leave people feeling vulnerable and alone. You never have to tolerate bullying, abuse, or violence. Ever.

NOT SURE WHEN TO TALK THINGS OVER OR TO ASK FOR HELP?

You are not alone. Trust the way you feel, and you'll know what to do. Go to a safe and trusted friend or adult and share what is going on.

Kids Help Phone **1-800-668-6868 or text CONNECT to 686868**

If you experience or see bullying, report it to a family member, a teacher, guidance counsellor, principal, vice principal or any other safe and trusted adult.

You can also use this online reporting form to report bullying or cyberbullying! **edapps.ednet.ns.ca/IncidentTrackingSS/Intro.aspx**

You can also contact CyberSCAN and report bullying - **novascotia.ca/cyberscan**.



If you ever find yourself or a friend in an emergency situation, don't hesitate to call 9-1-1.

CYBERBULLYING

Cyberbullying is when someone uses technology to bully someone. That includes social media, emails, and texts. Whether it's DMs, or using fake accounts to harass you or sharing embarrassing photos or videos without your consent, it's cyberbullying.

Cyberbullying is challenging because it can happen quickly and anonymously.

There are many ways to stay safe online.

NeedHelpNow.ca gives you, your friends or family members the information and tools needed to stand up to cyberbullying.

WHAT IF I'M BEING CYBERBULLIED?



SPEAK UP: if someone sends you a text, tweet or email that makes you uncomfortable, take a screen shot and tell someone who is safe and you can trust.

Control your online presence:

- ***increase your privacy settings online.***
- ***hide your profile.***
- ***block users you don't want to connect with.***



SAVE THE EVIDENCE: with the help of a safe and trusted adult, save offending messages, pictures and copies of online or text conversations. Keep a record that includes dates, times, usernames, etc.

Report incidence of cyberbullying: talk to the appropriate authorities - teachers, principals, or police. You can use the following online form to report incidents of bullying and cyberbullying: **https://edapps.ednet.ns.ca/IncidentTrackingSS/Intro.aspx**

DID YOU KNOW?

NOVA SCOTIA HAS A UNIQUE TEAM WHOSE JOB IS TO DEAL WITH CYBERBULLYING COMPLAINTS. CYBERSCAN INVESTIGATORS WILL WORK WITH EVERYONE, INCLUDING SCHOOLS AND FAMILIES, TO SOLVE CYBERBULLYING.

novascotia.ca/cyberscan



You can find more info and videos at **legalinfo.org/g4g** or **women.novascotia.ca/g4g**

SOMETIMES DEALING WITH ISSUES AROUND LAW ENFORCEMENT CAN BE INTIMIDATING.

The legal counsellor at the Legal Information Society can help you by explaining what to expect and what your rights are under the law.

You can chat with, call, or email a legal counsellor to get the information you need to make the best decisions for you. **LegalInfo.org**.

