

# Helping Students Help Students

Principals and vice-principals want to assist you because you are a friend, ally, parent/guardian or witness to a student who has been hurt.

## Do you know that principals/vice-principals know that...

- students who have been bullied tend to reach out to their friends first?
- your relationship to someone who has been hurt is important in their healing process?
- you may be the difference for someone who was hurt?
- all incidents of cyberbullying must be taken seriously?
- students may be hesitant to speak up for fear of repercussions, being judged, not being believed, losing their device, being disciplined or even being outed?

Principals and vice-principals are here to help YOU...too!

## Did you know...

- most cyberbullies and victims know each other?
- 50% of youth and 30% of parents/guardians say they have witnessed cyberbullying?
- 65% of youth say that they would tell a friend over a parent/guardian or trusted adult?

## So what can you do to help?

- Trust your principal or vice-principal to help you!
- Do not respond to the texts or messages
- Block the user
- Adjust your privacy settings
- Report the behaviour through the social media site, to your teachers, your parent/guardian or another trusted adult
- Talk to someone you trust



## Show your friend that you are there for them.

- Remind your friend that this is not their fault and they don't deserve to be treated this way. This may help them talk about it.
- Ask your friend what they need and help them find a solution. Ask them not to seek revenge because that can just make things worse.
- Help your friend talk with a trusted adult at home or at school about it, but do not speak for them unless they ask you to.
- Check back with your friend often and ask how they are doing.



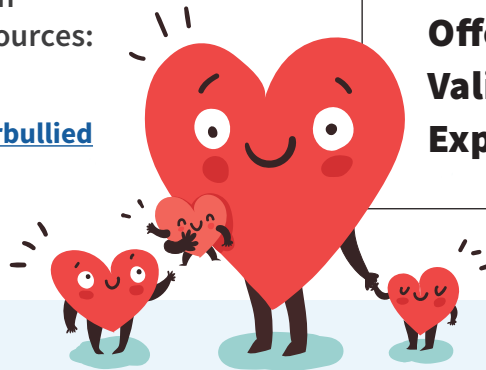
## Say something...Speak UP!

- Speak up! Remaining silent could be misinterpreted as approval by both your friend and the cyberbully. Once you speak up, other people are more likely to speak up too.
- Investigate creating a school wide campaign on "Speak UP." A campaign focus could include the bully, the bullies and/or the bystander.
- If it is safe to do so, comment disapprovingly on posts, images or videos that hurt people; refuse to forward or share them; without being confrontational, explain that this behaviour is not okay with you; ask the person to stop.
- Stand up against cyberbullying, tell the bully it's not okay with you. Be clear, but do not start a fight about it.
- Call out cyberbullying by saying things like "That's mean!" or "Stop it!" to show that you do not approve.
- **Tell your friend there could be legal consequences of cyberbullying.**

## Someone I know is being cyberbullied (Public Safety Canada)

The action statements have been modified from the following resources:

- [RCMP Just the Facts](#)
- [Someone I know is being cyberbullied](#)
- [Infosheet Cyberbullying](#)



### Advice for Parents: L-O-V-E

**Listen** to your child.  
**Offer** support and advocacy.  
**Validate** your child's feelings.  
**Explore** resources together.

## RESOURCES

- [PREVNet](#)
- [MediaSmarts](#)
- [Kids Help Phone](#)
- [Tip sheet for parents \(in 20 languages\)](#)
- Visit your local Law Enforcement's website
- [Canadian Centre for Cyber Security](#)
- [Canadian Anti-Fraud Centre](#)
- [Teach your children how to respond to cyberbullying](#)
- [Healthy Relationships \(Ontario Principals' Council\)](#)
- Visit your local Victim Services' website