

CONVERSATION STARTERS FOR #BlockEmDontShareEm

CYBERBULLYING AND NON-CONSENSUAL DISTRIBUTION OF INTIMATE IMAGES CLASSROOM DISCUSSION ACTIVITY

Thank you for participating in the City of Surrey's #BlockEmDontShareEm Campaign.
After viewing the video, you can spark conversations with your classroom by discussing the following questions:

1. WHAT IS CYBERBULLYING AND WHAT ARE THE DIFFERENT FORMS OF CYBERBULLYING?

Cyberbullying **involves the use of communication technologies** such as the internet, social networking platforms, websites, email, text messaging and instant messaging to repeatedly intimidate or harass others.

- **Cyberbullying includes:**

- Sending mean or threatening emails or text/instant messages.
- Posting embarrassing photos of someone online.
- Creating a website to make fun of others.
- Pretending to be someone by using their name.
- Tricking someone into revealing personal or embarrassing information and sending it to others.

- Cyberbullying affects victims in different ways than traditional bullying. It can follow a victim everywhere 24 hours a day, 7 days a week, from school, to the mall and all the way home.

Cyberbullying comes in many forms; some are outlined below:

Cyberstalking: This involves the bully sending offensive and malicious messages targeted at an individual or a group and are often repeated multiple times.

Flaming: Flaming is similar to harassment, but it refers to an online fight or fierce argument that takes place through emails, instant messaging or chat rooms.

Exclusion: This occurs whenever someone is intentionally singled and left out of an online group such as a chat room. This group will then do whatever they can online to taunt the excluded person through impolite messages, malicious comments and nasty emails.

Outing: Outing is the public display or forwarding of unique personal and private information of someone such as pictures and videos as well as conversations such as text messages, emails, or instant messages.

Masquerading: is a form of cyberbullying where the perpetrator pretends to be someone they aren't.

Pseudonyms: This involves the use of a fictitious name such as a nickname, alias or pen name for the purpose of haunting someone else online.

2. WHAT ARE THE LEGAL, SOCIAL AND EMOTIONAL CONSEQUENCES OF SPREADING AN IMAGE?

- **Legal:** Several Criminal Code offences could apply to the person spreading the image:

- Child Pornography
- Luring a Child
- Making Sexually explicit material available to a child
- Criminal Harassment
- Uttering threats

- **Social:** It could impact:

- Future job opportunities, scholarships, post-secondary entrance, and participation in programs and sports
- Lead to being left out at school by friends and acquaintances
- Lead to changing schools in order to deal with the pressure

- **Emotional:**

- Guilt of impacting someone's reputation and life

46% of youth who have received sexts have shared it.



Nearly 46% of youth felt it was the original sender's fault if a sext was shared.



3. WHAT CAN YOU DO (TO HELP) WHEN YOU RECEIVE AN IMAGE? OR DISCUSS STRATEGIES TO DEAL WITH CYBERBULLYING AND KNOW WHERE TO GO FOR YOURSELF OR OTHERS

- When you receive an image you should delete it in order to stop the spread.
- If you are the person depicted in the image, talk to an adult you trust for support.
- Contact the non-emergency line of the local police. They have victim support services (604-599-7600) and may have other programs and services to assist you.
- If you aren't comfortable going to the police, contact a community organization or a help line such as [Kids Help Phone](https://www.kidshelpphone.ca) (1800-668-6868) that offers support services.
- Report the image to the social media platform and if you need help doing this, contact www.needhelpnow.ca.
- It may be possible to make a claim (complaint) under civil law.

** Civil law deals with conflicts between individuals or organizations. You would need to make a civil claim in court yourself. It's not easy to do this. The process can be slow and expensive. You can't get legal aid (free legal help) for these civil law cases. But making a civil claim is one way to get justice, if the person who hurt you isn't charged or convicted of a crime.*

4. IDENTIFY WAYS TO STAY SAFE ONLINE AND DISCUSS HOW TO PREVENT CYBERBULLYING

- Ways of staying safe online:
 - Manage your digital footprint: Be mindful of your reputation online and know what information comes up if you search your name.
 - Unplug: Take a break from devices daily and charge devices outside of your bedroom overnight.
 - Protect your privacy online:
 - Post wisely and keep personal details to a minimum.
 - Turn off location services whenever they are not needed.
 - Only friend people that you know.
 - What if someone asks for picture? Share images you would be okay with your grandparents seeing.
 - Think again before you post, even if you delete the image it may still exist in Cyberspace.

- Prevent Cyberbullying:
 - Leave the online conversation.
 - Keep track of the bullying (save a screenshot of the online messages).
 - Tell a trusted adult or peer or contact the confidential and toll-free [Kids Help Phone](https://www.kidshelpphone.ca) (1800-668-6868).
 - Report the online bullying to school administrators, [PSST](https://www.psst.ca) or another trusted staff member.
 - Report criminal offences, such as threats, assaults and sexual exploitation to the local police (604-599-0502).
 - Report cyberbullying related text messages to your phone service provider.
 - Report online bullying to the social media site and block the person and their friends.

[Coffee Meets Bagel](#)
[Facebook](#)
[Google - Safety Centre](#)
[GroupMe](#)
[Happn](#)
[Instagram – block a user or report something](#)
[KiK - Safety Centre](#)
[LinkedIn](#)
[Marco Polo](#)
[Reddit](#)
[Say Cheese](#)
[Ship](#)
[Skype](#)
[Snapchat](#)
[TikTok](#)
[Tumblr – how to “ignore” \(block\) someone](#)
[Twitter](#)
[WhatsApp](#)
[Yahoo - Safety Guide](#)
[YouTube - Safety Centre](#)
[Yubo](#)

5. DISCUSS WAYS TO BUILD A CULTURE OF KINDNESS WITHIN YOUR CLASSROOM AND SCHOOL

- Discuss what empathy is, how to strengthen your empathy skills, and how students can show that to each other. Take on a culture of Kindness Project.
- As a class, take a stand against cyberbullying and be the ambassadors of change.
- Participate in the [#BlockEmDontShareEm](#) Contest!
- Contact us to become involved and get more resources at communitysafety@surrey.ca.