



Grades
7-8



Intermediate Grades

Lesson 4 Handout

Cyber Respect and Online Kindness

Bullying:

Actions, or threats of action, directed toward a person by one or more people, with intention to cause fear, distress or harm.

Cyberbullying:

The use of electronic communication to bully a person, typically by sending/posting messages of an intimidating or threatening nature.

Understanding the Difference:

Cyberbullying is...

Cyberbullying is not...

Recognizing Forms of Cyberbullying:

Discrimination	Targeting personal characteristics such as race, colour, place of origin, age, religion, gender, sexual orientation, gender expression/identity, appearance, physical or mental disabilities, etc.
Sexual Harassment	Unwanted sexual contact or comments; falsely claiming that there was an encounter when there was not, spreading rumours; sending a person unwanted sexual images, etc.
Personal Bullying	Actions or language directed toward someone with the intention to demean, embarrass, humiliate, harass, isolate or exclude.
Hacking	Accessing another person's online profiles without their permission to post embarrassing content or messages; or to humiliate the victim by sharing private information or images of them.
Harassing	Posting unflattering photos or videos of a person with the intention of embarrassing, demeaning or degrading them.
Isolating or Exclusion	Leaving a person out of a group or online activity and letting them know it was intentional (e.g., creating a post with a group of friends and tagging the excluded person so they know they're left out).
Fake Accounts	Creating an account appearing to be someone else and making public posts pretending to be them, in order to embarrass and degrade the victim and others.
Shaming	Making fun of a person's body, clothing, appearance, life choices, identity, etc. Online shaming is done through text, group chats, and photos or videos posted online through social media platforms.
Trolling	When someone starts arguments or upsets people by posting inflammatory or off-topic messages in an online community.

Commandments for our Shared Digital Space

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Kids Help Phone:

Contact by text message at 686868 or by phone at 1-800-668-6868 from across Canada, 24 hours a day, 7 days a week; or access their resources online: kidshelpphone.ca

