

# Counselors Corner



Ms. Chisholm

## Is It Cyberbullying?

Bullying is “unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.”

Cyberbullying happens when kids bully each other through electronic technology such as Snapchat, Instagram, group chats, online games, etc

Cyberbullying can happen in very small ways, such as consistently posting mean comments or messages, or very significant ways, such as spreading widely unkind or false information about someone.

Cyberbullying hurts the people who are bullied. It can also hurt people who bully by making them look bad and making them feel sad about their own choices.

For more information, please visit: <https://novascotia.ca/cyberscan/>



## ONLINE SAFETY TIPS

~Only accept friend/follow requests from people you know IRL

~ Set privacy settings so information about you (including images) are not visible to the public

~Use good passwords and never share them with anyone.

~ If someone is being mean to you or someone else online, tell a teacher, parent or other trusted adult and tell the person to stop. Sometimes quietly standing up for yourself or someone else is enough to convince a bullying to back off.

NOTE: Every time you post or share, carefully consider whether you want it to live on forever, because it might.

## Contact Us



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