YOU CAN HAVE AN IMPACT.

“I WANT TO SAY SOMETHING, BUT I DON’T KNOW IF ANYONE WILL LISTEN TO ME.”

If you want to do something public, stay positive: let people know that you’re not on the bully’s side by posting something nice about the target. You can try saying:

“HEY, [NAME], GREAT SHOT!”

“BIG THANKS TO [NAME] WHO MADE MY DAY A LITTLE BETTER JUST BY BEING HERSELF.”

“I JUST WANT YOU TO KNOW THAT WHAT HAPPENED WASN’T COOL. LET ME KNOW IF I CAN HELP OR IF YOU JUST WANT TO TALK.”

“You don’t know me, but I saw what happened. If you want to talk or do something about it let me know.”

What witnesses do about bullying is actually one of the most important factors in how much someone is hurt. You can try saying:

TELUS and MediaSmarts are working together to keep you safe online.

YOU CAN CHOOSE TO MAKE A DIFFERENCE WHEN YOU WITNESS CYBERBULLYING.

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