“Hey [name],
I just saw the funniest video. You have to check this out.”

“I don’t know if it’s really serious. It’s just the internet.”

If something is happening right now that you have to stop, try distracting the person who’s doing the bullying or giving the target a chance to get out of the situation without being embarrassed.
You can try saying:

“Hey [name], can you come help me out?”

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

“Hey 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.”

One of the worst things about being bullied is feeling that nobody cares about what’s happening. Letting someone know you care can be a big help and won’t make things worse. You can try saying:

“You can choose to make a difference when you witness cyberbullying.

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