

# Digital Drama Online Harassment

## DO'S & DON'TS



### TAKE A TIME OUT

Going back and forth during a conflict keeps the drama growing and can make it worse



### SAVE THE EVIDENCE

If someone continues to be inappropriate online, keep a record and if it's something that could later be deleted, take a screenshot



### SPEAK WITH AN ADULT

If the situation is causing you to feel scared, threatened or not wanting to go to school, talk with a trusted adult



### BLOCK THE INDIVIDUAL

Not engaging in the digital drama or online harassment takes the fun out of it for the other person



### REPORT THE PROBLEM

Social media platforms have **Terms & Agreements** for acceptable use; if someone is harassing you, this is a violation and you can get help



### RESPOND WHEN ANGRY

It's hard to make good decisions when angry; also, involving friends can make the problem bigger



### FIGHT BACK

This gives the other person an excuse for even worse behaviour (it can also make you look bad too if later you need to make a report)



### KEEP IT A SECRET

Fear, embarrassment or shame can make it hard to tell someone. Not telling a trusted adult can result in the problem getting worse



### THINK IT'S YOUR FAULT

Nothing you say or do gives someone else the right to be mean to you online.



### COMPLY WITH A THREAT

This rarely results in someone leaving you alone afterward; in fact, it's encouragement for them to continue threatening you

## When Digital Drama or Online Harassment becomes just too much ...

Talk to a trusted adult:

- a parent
- school counsellor
- health/wellness provider
- teacher
- mentor
- RCMP



## I Can Get Help From:

A trusted friend \_\_\_\_\_  
name phone

A trusted adult \_\_\_\_\_  
name phone

A trusted adult \_\_\_\_\_  
name phone

### Additional Resources:

[mediasmarts.ca](http://mediasmarts.ca) **MediaSmarts** and the **Canadian Centre for Child Protection** have good suggestions for dealing with online harassment

CHIMO Crisis Line: 604-279-7070 (until midnight)  
Vancouver Crisis Centre: 604-872-3311 (24 hours)  
Online crisis support: <http://www.youthinbc.com>  
Richmond RCMP: 604-278-1212