

Resources and Information

The Government of Nova Scotia, the Department of Education and Early Childhood Development and the Strait Regional Centre for Education have partnered to promote respectful and responsible relationships and to protect victims of bullying and cyberbullying.

Links to these sites can be found on the Strait Regional Centre for Education website at www.srce.ca.

- **The Provincial School Code of Conduct Policy:**

<https://www.ednet.ns.ca/docs/provincialschoolcodeofconduct.pdf>

- **CyberScan Unit:**

<https://novascotia.ca/cyberscan/>

1-855-702-8234

- **Nova Scotia Health Authority:**

<https://www.nshealth.ca/mental-health-addictions>

- **Nova Scotia Anti-Bullying Website:**

<https://antibullying.novascotia.ca/>

- **Bullying and Cyberbullying -**

What We Need to Know:
A Reference for Parents and Guardians

<https://antibullying.novascotia.ca/bullying-cyberbullying-what-we-need-know-reference-guide>

- **Kids Help Phone:**

<https://kidshelpphone.ca/>

Be Part of the Solution...

Stand up for human rights by refusing to forward text messages or photos that are hurtful, demeaning, or disrespectful.

- We need to speak up when we are bullied.
- We need to speak up when we see bullying behaviour.

Reporting

Report serious forms of cyberbullying:

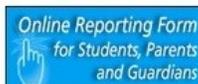
Inform the appropriate authorities, which may include teachers, principals and police personnel.

Links to these sites can be found on the Strait Regional Centre for Education website at www.srce.ca.



<https://novascotia.ca/cyberscan/>

1-855-702-8234



<https://edapps.ednet.ns.ca/IncidentTrackingSS/Intro.aspx>



<https://www.nshealth.ca/mental-health-addictions>



www.rcmp-grc.gc.ca



Strait
Regional Centre for Education *Your local school.*



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A Quick Reference Guide



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Introduction and Definitions

Every student has the right to feel safe, respected, and accepted at school—to work, learn and enjoy activities without the fear of physical or emotional harm.

This quick reference guide offers information and resources for students and parents/guardians on bullying and cyberbullying.

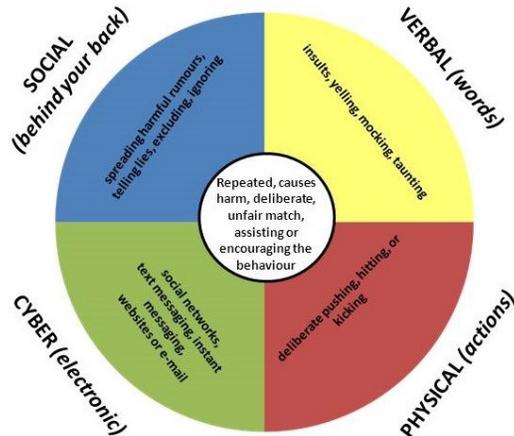
Bullying is when someone repeatedly tries to hurt another person's body, feelings, self-esteem, reputation or property.

Helping or encouraging someone to bully another person is also bullying.

Cyberbullying is when someone uses technology (social networking sites, emails, text messages, and the sharing of photos and images) to bully someone else.

- Cyberbullying is unique because hurtful messages or pictures can be quickly and anonymously shared.
- This sense of “no one knows it's me” can increase bullying actions.

What is bullying?



Adapted from Storey, Slaby, Adler, Minotti and Katz (2008)

Advice for Youth

What can students do?

- If you are a witness or victim of cyberbullying, it is important to speak up and report it to appropriate authorities which may include teachers, principals and police personnel.

Protect your profile

- Only connect with people you know and trust on social networking sites.
- Be careful about sharing personal information, even with people you know in a private email or text.

Protect your password

- Be sure to password protect your electronic devices and social networking accounts and keep your password private.
- Not doing this is the digital equivalent of leaving your home or car unlocked.

Model digital citizenship

- Think before you post, send a text message, email or tweet.
- Once you hit send, it can be widely shared.
- Always remember that you alone are responsible for your words and actions.

When you see cyberbullying:

- Think
- Speak up
- Track it
- Report it



Advice for Parents/Guardians

What can parents/guardians do?

- Connect with services in your school and community to stop cyberbullying behavior which may include teachers, principals and police personnel.
- Stay informed. Bullying is a societal issue and everyone can help to prevent it.
- Talk about bullying and cyberbullying with your child.
- Discuss the importance of responsible and respectful online behavior.
- **Protect and monitor your child's online presence:** Increase your child's security settings online; encourage them to hide or deactivate their profile and/or block users. This can be done through the settings options on social networking sites like Facebook and Twitter. Discuss the importance of your child's security settings online and to keep personal information private.
- Be alert to signs your child is being bullied or bullying others.
- **Encourage your child to speak up:** If someone sends them a text, tweet or email that makes them uncomfortable they should tell someone they trust (family member, teacher, police personnel, friend).
- **Save the Evidence:** As hurtful as it may be, save offending messages, pictures or copies of conversations. This can be used by authorities during investigations.



Source: *Bullying & Cyberbullying What We Need to Know*