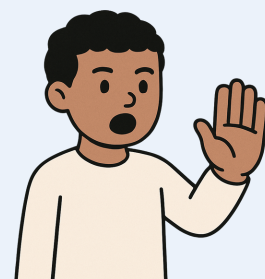




CHEAT SHEET: BEING KIND AND POLITE ONLINE

A big part of maintaining a positive and respectful environment online is **standing up for others** who may be cyberbullied or harassed.

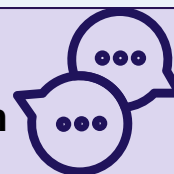


The **5 D's** can help us remember the steps we can take to support our friends who are in these situations

1

Distract

Change the subject or shift the conversation



2

Direct



Directly respond to the issue at hand

Watch Ava use the direct strategy!



3

Delegate

Ask an adult for help

Watch Liam use the delegate strategy!



4

Delay



Check-in with the victim to offer support

5

Document

Report the problem to the platform

REPORT



McGill

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