



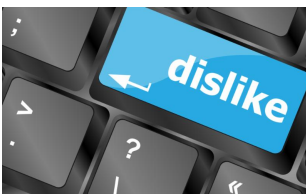
## THE INVESTIGATOR



### About Us

Since 2000, BCSI Investigations Inc. has performed thousands of successful investigations. Our integrated team of investigators and support services ensure that the investigations are conducted in a timely fashion with leading edge techniques. BCSI Investigations Inc. is considered the platinum standard of the industry based on the quality and the wide spectrum of its services as well as the expertise of the investigators.

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### Cyberbullying. Spot it. Stop it.

According to L1ght, an organization that monitors online harassment and hate speech, there has been a 70% increase in cyberbullying in just a matter of months. They also found a 40% increase in toxicity on online gaming platforms, a 900% increase in hate speech on Twitter directed toward China and the Chinese, and a 200% increase in traffic to hate sites.

About 37% of young people between the ages of 12 and 17 have been bullied online. 30% have had it happen more than once.

So how do you spot it and how do you stop it?

#### You are being cyberbullied if:

- you receive mean, threatening or abusive texts, tweets, emails or Facebook posts (either from someone you know, or a stranger)
- someone keeps sending you harassing messages
- people are trying to stop you communicating with others
- someone hacks into your email, Facebook, Instagram or other social media account and changes your information
- posting, sending or sharing pictures or videos, usually to cause embarrassment
- intentionally excluding someone from an online group or, in the case of online gaming, excluding a player from groups or teams
- cat-fishing: falsifying online identities to trick the victim into romantic relationships
- impersonation: using the victim's name and account to damage the victim
- trolling/ stalking: for example sending multiple text messages to the victim to show the bully knows exactly what they are doing, where they have been
- threatening violence: for example threatening some form of traditional bullying, such as a physical fight.

#### Signs of someone being **cyberbullied** may include:

- Change in moods
- A decline in grades
- Change in interests or lack thereof
- A change in eating habits and sleep patterns
- Feelings of helplessness or decreased self esteem
- Increased physical complaints (headaches, stomach upset, etc.)
- Kids and teens experience self-destructive behaviors such as running away from home, self-harm or talking about suicide.

#### Strategies for online safety

- Use an online nickname
- Don't share cell phone numbers or email addresses with people



- you do not know
- Before you send a text, ask yourself if you are ok if the whole world sees it because private messages and photos can go public.
  - Always use the privacy features of social media sites.
  - Don't share your personal information
  - Change your passwords regularly, especially if you think someone else might have them.
  - Don't share your passwords, even with friends.
  - Don't accept friend invites from strangers.
  - Don't open emails from strangers.
  - Remember to log out of social networking sites like Facebook when you leave a computer.
  - If someone you meet online asks to meet you in person, tell a parent, teacher, or other trusted adult.
  - Don't try to reason or communicate with the person who is bullying you.
  - Use the "block" feature to prevent the person from contacting you again.
  - Save any messages you receive as evidence.
  - Write down or save what you see and when you see it.
  - Don't encourage bullying behaviour by participating in a bullying conversation thread or, "liking" or forwarding a hurtful comment.
  - Refuse to forward hurtful emails, text messages or embarrassing photos to friends—by refusing to pass it on, you become part of the solution.
  - Block people who spread rumours online.
  - Avoid websites that feature negative information about other students.

**Remember: Once you post it, it's out there for all to see—you can apologize, but you can't take it back.**

BCSI has also investigated numerous cyberbullying incidents with a high level of success. Feel free to reach out to our firm if you or your child is the victim of cyberbullying at 604-922-6572 or on our website at <https://www.picanada.ca/contact-us/>.

## Contact Us

With over 20 years of experience in investigations, BCSI Investigations Inc. is the platinum standard for private investigations. Contact us at 604-922-6572 or visit our website at [www.picanada.ca](http://www.picanada.ca) to learn more.



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