

When Bullying Goes Digital: Understanding and Addressing Cyberbullying through an Indigenous Lens

May 15, 2025

10:00-11:30am MDT

An open discussion on today's digital world where children and youth are increasingly exposed to online interactions that can sometimes become harmful. Cyberbullying is a growing concern that can have serious emotional, social, and psychological effects on young people. This session will help adults—whether parents, educators, counselors, or community leaders—understand the complexities of cyberbullying and its impact on children. We will explore what cyberbullying looks like, its signs, how it differs from traditional bullying, and how Kids Help Phone can provide support.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- What cyberbullying is
- How to tell if a young person is experiencing cyberbullying
- How to talk to a young person about cyberbullying
- How young people can stay safe online
- How young people can reduce the harm of cyberbullying
- What to do if you know a young person who's experiencing cyberbullying
- What supports are available to help

Speakers:

Matthew Lutz, Mainland Mi'kmaw First Nation Bear River Nova Scotia, Indigenous Wellness Specialist with Kids Help Phone. Experience working with Indigenous and non-Indigenous children, youth, and adults since 2015. I have worked with both urban and on-reserve Indigenous populations. Experience working in multiple settings including youth justice, mental health, education, medical and social needs including child welfare.



Target Audience: Adults who work with Indigenous youth including educators, community programming, community leaders

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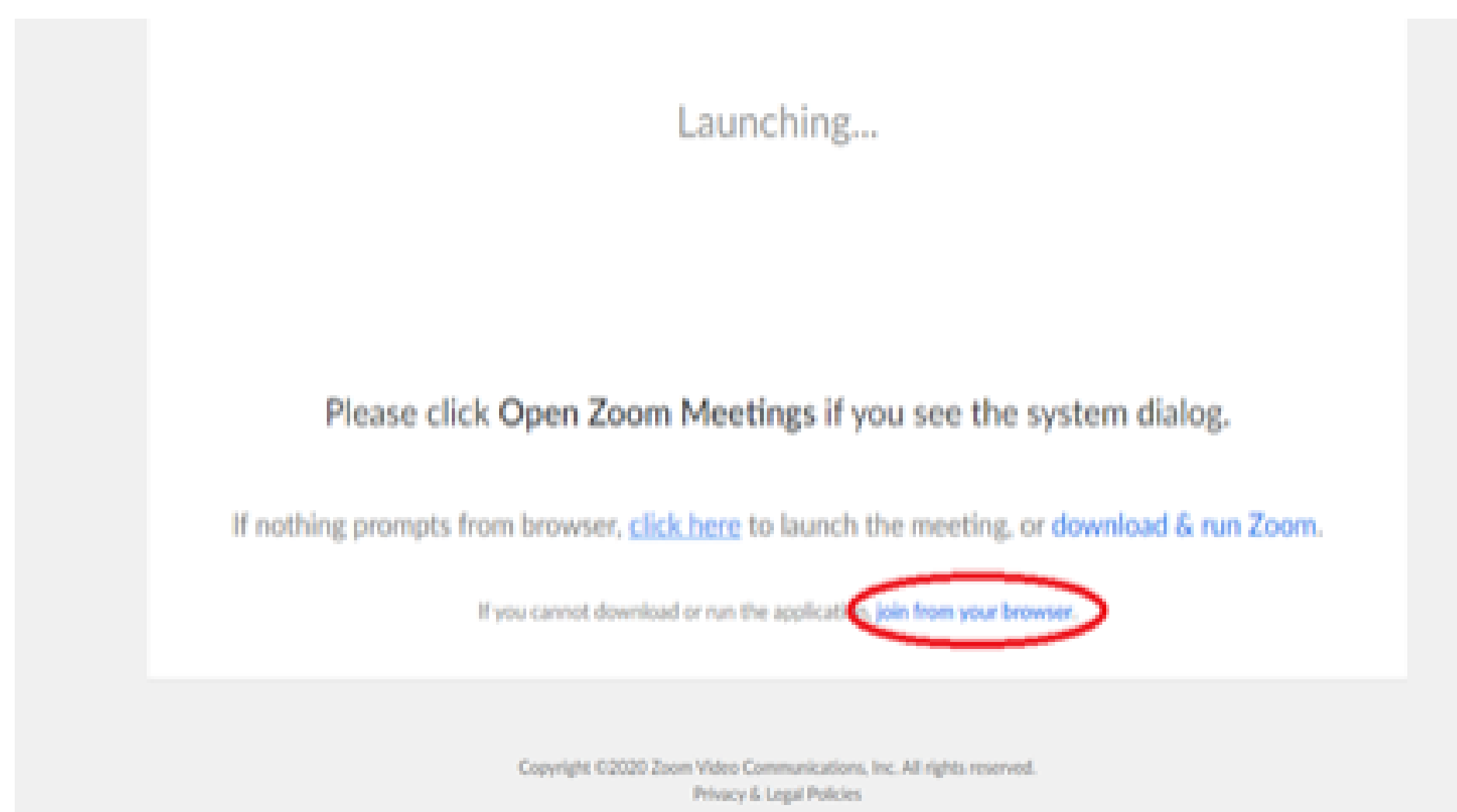
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