

# Untangling

Alex van der Marel



**4: Matt**





It happened a few years ago...



I was on my computer late at night....



And then I saw them.



**Steven B)** @TheRealSteve

who else thinks that stupid deaf kid is a waste of space?  
lol #gokillurself #lame #wedontneedu

**Messages posted everywhere. About me.**

I tried to push it away.



But it hurt



It made me hate myself.



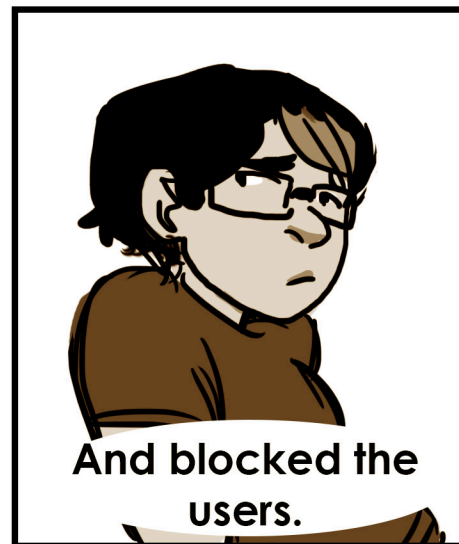
It seems kinda weird  
looking back now...

But at the time...

It seemed really  
important.







I'm really happy that I've got friends like you to talk to.



**39% of cyberbullied youth have poor/fair mental health.**  
Help is out there.



**To download a copy of  
'Untangling the Web: online safety and sexting among BC youth'  
visit [www.mcs.bc.ca](http://www.mcs.bc.ca)**

