#CYBERBULLYING

## WHAT YOU SHOULD KNOW ABOUT

It's a Thing. 23% of children and youth report being bullied online. At the same time, the prevalence of self-reported cyberbullying behaviour is 15.2%.

### Girls Are More Likely to Be Bullied Online Than Boys

Exposure to cyberbullying is significantly associated with depression.

*Evidence Relating Cyberbullying to Self-Harm and Anxiety is Less Clear

### MORE LIKELY

- Watch Out!
  - Cyberbullying includes name-calling, insults, spreading gossip and rumours, and circulating pictures without permission.
  - Cyberbullies often act out of a lack of confidence, a desire to feel better about themselves, a desire for control, or to seek entertainment and/or retaliation.
  - Studies report an association between being a traditional bully and a cyberbully, and a traditional victim and a cybervictim.

### #STOPBULLYING GET TALKING

Young people aren’t likely to tell anyone, especially an adult, if they are being bullied. They commonly believe that nothing can be done, and worry that their computer privileges will be taken away. Educating young people, families, teachers, and health care practitioners about management strategies and the importance of safe internet use is important! The National Association of School Psychologists recommends the following strategies to stop cyberbullying.

1. **Tell Someone Like...**
   - A Parent
   - A Teacher
   - A Doctor

2. **Protect Personal Information**

3. **Ask the Bully to Stop**

4. **Block the Bully**

5. **Keep a Record of Messages**

### FIND MORE RESOURCES AT

- @KidsHelpPhone
- @StopWebBullying
- www.KidsHelpPhone.ca
- www.NeedHelpNow.ca
- www.StopCyberbullying.org