#Cyberbullying
Evidence to Inform Your Practice

What’s Happening?

Studies report a significant relationship between exposure to cyberbullying and depression, but the evidence on anxiety and self-harm is less clear.

23% of children and youth report being bullied online.

The median prevalence of self-reported cyberbullying is 15.2%.

What Does Cyberbullying Look Like?

Common forms of cyberbullying include name-calling, insults, spreading gossip and rumours, and circulating pictures.

Most studies found girls were more likely to be bullied online than boys.

Studies report a significant association between being a traditional bully and a cyberbully, and a traditional victim and a cybervictim.

What Can You Help Youth Do?

Tell an adult, like a parent, teacher or doctor.

Ask the bully to stop.

Block the sender.

Protect personal information.

Ignore or avoid messages*.

#stopbullying

Looking For More Information?

#GetConnected To These Additional Resources

KIDS HELP PHONE
1 800 668 6868

@KidsHelpPhone
@StopWebBullying

www.KidsHelpPhone.ca
www.NeedHelpNow.ca
www.StopCyberbullying.org