

Healthy Relationships: Navigating Cyberbullying and Cyberviolence

Listening to What Students Have to Say!

Q&A

What did we learn from students? (Student Survey 2023)

- “Sometimes it’s the comments on posts that affect the targeted student more than the post itself”
- Majority of students expressed serious concerns in the cyber world about harassment, bullying and violence
- The most vulnerable student groups identify as female, racialized youth and 2SLGBTQIA+
- These learnings are prevalent in both elementary and secondary schools

Top reasons students do not report cyberviolence

1

Fear of

- repercussion (being hurt or outed)
 - not being believed
 - being judged
- losing access to devices

2

Does not want

- personal information disclosed
- family members knowing

3

Feelings of

- shame
- humiliation

Students also said...

- “Not all cyberbullying is one sided and some students can lash out in response” (retaliation gets the penalty)
- “People often feel ashamed to say anything so discussing it openly and how you can stop it or having anonymous submissions would feel less stressful to young people”
- “The victims may not be the people who you expect”
- Building a relationship before an incident occurs is critical
- All reports are important
- Use discretion with all reports
- Take extra precaution to create safe environments (i.e., no cell phones in change rooms)
- Follow up with all reports
- Consider anonymous options for reporting for fearful victims
- Learn the slang or culture of students
- Never discount an incident and wait for something else to happen

Statistics Canada says...

[Online harms faced by youth and young adults: The prevalence and nature of cybervictimization](#)