

# Healthy Relationships (HR): Navigating Cyberbullying and Cyberviolence

## Listening to What Students Have to Say!

### Q&A

#### What did we learn from students? (HR, 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 are females, racialized youth and 2SLGBTQQA+
- 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](#)