

Cyberbullying

What is Cyberbullying?

Cyberbullying is using online and mobile technology to harm other people, in a deliberate, repeated & hostile manner.



Statistics

- At least 1 in 3 adolescent students in Canada have reported being bullied recently.
- Among adult Canadians, 38% of males and 30% of females reported having experienced occasional or frequent bullying during their school years.
- The rate of discrimination experienced among students who identify as Lesbian, Gay, Bisexual, Trans-identified, Two-Spirited, Queer or Questioning (LGBTQ2) is three times higher than heterosexual youth.
- Females are more likely to be bullied on the Internet than males.
- 7% of adult Internet users in Canada, age 18 years and older, self-reported having been a victim of cyberbullying at some point in their life.
- The most common form of cyberbullying involved receiving threatening or aggressive e-mails or instant messages, reported by 73% of victims.
- 40% of Canadian workers experience bullying on a weekly basis.

[bullyingcanada.ca]

Four Ways to Stop Cyberbullying

STOP: Don't try to reason with or talk to someone who is cyberbullying you.

BLOCK: Use the block sender technology to prevent the person from contacting you again.

TALK: Tell a trusted person, inform your school (students can email vpssl@concordia.ab.ca; campus community members can make a report to BSIT), use a help line and/or report it to police.

SAVE: Save any instant messages or emails you receive from the person bullying you, or capture any comments or images that have been posted online.

Where to Find Help

If you have been impacted by bullying or cyberbullying, please reach out for support.

Students can access Student Life Counsellors and Peer Support at:
concordia.ab.ca/counselling-services

Employees can access resources through their EAP program.



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