

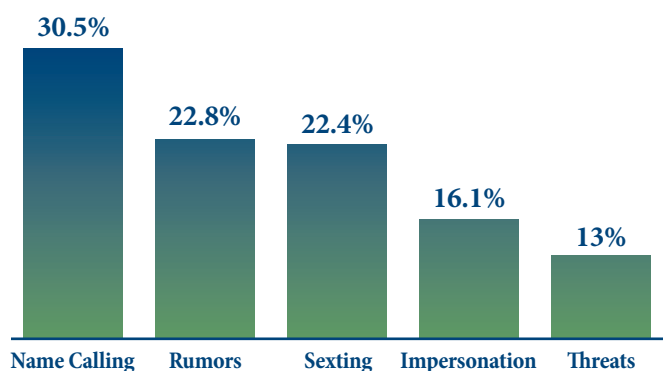
Cyberbullying

What is Cyberbullying?

Cyberbullying is deliberate, hostile, and aggressive behaviour communicated through social media and texting. The virtual world allows individuals to remain anonymous, making online bullying attractive to aggressors.

“...as many as 51% of youth have experienced cyberbullying through social networking.”

(Ipsos poll, Canada, 2012)



(Wade and Beran, *Cyberbullying: The New Era of Bullying*, 2011)

Cyberstalking

Cyberstalking is the tracking and following of someone online. Cyberstalking typically happens after a person has been rejected, when someone is simply obsessed with another person; or when a person enjoys harassing people. “A cyberstalker can be anyone, including unknown members of online communities or forums.”

(Canadian Clearinghouse on Cyberstalking)

“The average teen sends or receives 3,339 text messages every month.”

(Neilson, 2013)

Sexting

Sexting, through digital texts and pictures, has become one of the top three forms of cyberbullying. Sexting is texting, wanted and unwanted, sexually explicit and nude digital images and context to other parties.

(Wired Safety: Sexting/Sextortion)

Is it Illegal?

According to the *Criminal Code of Canada*, anyone who spreads information that would ruin another person’s reputation and expose them to hatred could be held accountable for “defamatory libel.”

Any person who comes into possession of nude or partially nude images of a person under the age of 18 years is in *Possession of Child Pornography*. If that person then forwards the image on to another party they have committed the offence of *Distributing Child Pornography*. Both are Criminal offences and a person could be charged.

(*Criminal Code*, RSC 1985, c 46(163); Cyberbullying.ca)

www.preventingcrime.ca

THINK before you...



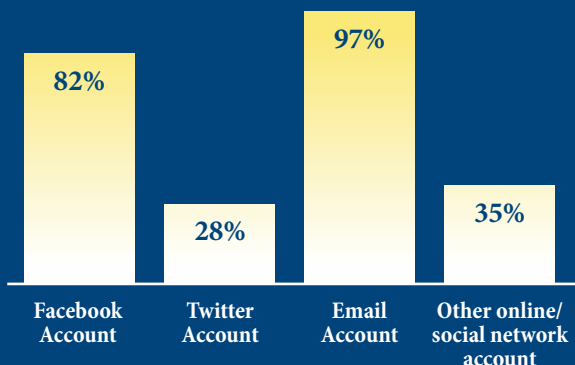
T - Is it true?
H - Is it hurtful?
I - Is it illegal?
N - Is it necessary?
K - Is it kind?

Trends

"Youth between the ages of 8–18 spend on average more than 53 hours a week-or seven hours and 38 minutes a day-on their computers, cell phones, iPods, and video games."

(Whelan, *The Bully in the backpack*, 2011)

When Canadian parents of children aged 10-17 years old were asked which online accounts their child(ren) has, the results were as follows:



(Angus Reid survey, 2012)

Signs & Symptoms

"It's essential to tell victims of online abuse it wasn't their fault."

Youth who have been or continue to be subjected to cyberbullying are at risk for post traumatic stress disorder (PTSD) and major depression. PTSD occurs when someone has witnessed or experienced disturbing unnatural occurrences such as cyberbullying. Some symptoms may include:

- Suicide
- Depression
- Isolation
- Fall behind on grades
- More or heightened bouts of anger

(Drogin et al., *Psycholegal aspects of cyberbullying*, 2012)

What Can You Do?

Parents and youth, together, can help prevent cyberbullying.

Parents

- Talk about social media manners
- Set a limit
- Know passwords
- Monitor daily activity
- Believe, communicate, and act when children tell you they are being bullied
- Contact local police

Youth

- Block the bully online
- Get off line
- Tell someone
- If you are the bully think twice about your actions and consequences
- Never give personal pin or passwords out
- Never reply to an angry person
- Do not erase cyberbullying messages, keep as evidence

(Mayo Clinic, *Cyberbullying: A back-to-school checklist for parents*, 2012)



519-883-2304
www.preventingcrime.ca



This RAP (Research And Planning) Sheet is part of a series produced by the Waterloo Region Crime Prevention Council. © 2013.

Region of Waterloo