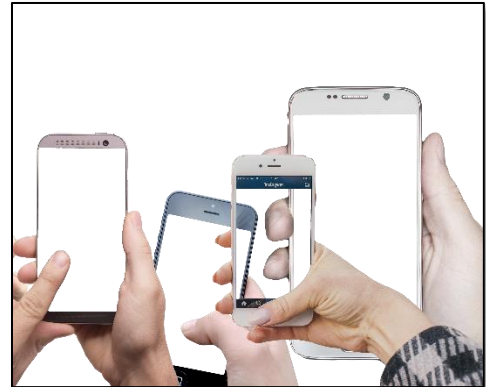


# What is Cyberbullying?

The increasingly widespread use of information and communications technologies (ICT) (social networks, blogs, instant messaging, email, etc.) inevitably leads to the extension of all behaviours, whether courteous or not, problematic or illegal, into cyberspace. This is particularly the case for online bullying, which is generally called cyberbullying.



To understand cyberbullying better and integrate this concern into the drafting of the concerted action plan, the Gouvernement du Québec mandated a committee of experts to formulate recommendations in this regard. This committee tabled its [report](#) (French only) in September 2015.

Generally associated with young digital natives, **cyberbullying can affect people of every age category**. The vast majority of Quebecers, young and old, will never be the target of such behaviours. In general, the use of ICT makes it possible to develop positive social interactions between individuals. It offers a world rich in entertainment, discoveries, learning opportunities and possibilities for support.

Like bullying, cyberbullying can have harmful consequences for its victims. Individuals who feel intimidated, harassed or threatened online are likely to suffer the effects of such behaviours in several aspects of their lives. The nature of the means of communication used amplifies the consequences of bullying, because a single act of cyberbullying can be relayed, multiplied instantaneously or sustained, in a public environment with an almost unlimited audience. The consequences thus can be devastating when an individual is the target. This is why it is important to prevent such acts.

You can resort to [various resources](#), whether you are a parent, a teacher, a youth, an adult or a senior person.

When necessary, the [current legislation](#) also allows you take action to put a stop to various behaviours.

Source : Ministère de la Famille. (2017). Cyberintimidation. Retrieved from : [www.mfa.gouv.qc.ca/en/intimidation/definition/Pages/cyberintimidation.aspx](http://www.mfa.gouv.qc.ca/en/intimidation/definition/Pages/cyberintimidation.aspx)