



Key Research Findings “Cyber Bullying Among Youth and Its Connection to Their Quality of Life and Mental Health”

- **65.4%** of the respondents declared that they do not discuss cyberbullying at school and/or college, and **34.6%** do.
- **Almost 4 out of 10 young people** have been a target of cyberbullying in the last six months.
- Those who were the target of cyberbullying most often received content referring to cyberbullying during school/faculty classes and before and after classes.
- Young people who were the target of cyberbullying mostly received disturbing messages on Messenger/Viber/WhatsApp/Instagram, then other users posted offensive comments, pictures, and videos about them on social networks, and they also received threats of physical harm and disturbing SMS messages.
- **55.4%** of the respondents found out who the bully was, and **33.1%** did not find out.
- When they found out that they were the target of cyberbullying, **21.5%** took security measures such as blocking the number/profile, changing the password and reporting to the authorities, **20.6%** told their best friends, and **14%** told their parents/guardians. On the other hand, **12.3%** of the respondents sent a message to the bullies to stop behaving in that way.
- Respondents also answered who they would contact for help if they were the target of cyberbullying. Most of them answered that they would turn to their parents/guardians, followed by their best friends. In third place would be the police, and even then the professional service in the school, psychotherapists and teachers.
- **1 in 6 young people** who have been the target of cyberbullying have experienced an impact on their mental health and **50% of them** considered it very negative.
- Regarding the support that young people have when dealing with mental health as a result of cyberbullying, about **50%** of respondents answered that they have, **20%** declared that they do not.
- As a result of cyberbullying, respondents mostly faced feelings of nervousness, anxiety or tension, problems with relaxation and inability to stop worrying or control worries.



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