

November 2023



# The State of Anti-Social Behaviour on Social Media

## A Census-balanced Survey About Anti-Social Behaviour on Social Media

By Anatoliy Gruzd, Jaigris Hodson, Jenna Jacobson, Philip Mai, Victoria O'Meara, and Felipe Soares



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For Media or other Inquires:  
info@socialmedialab.ca



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# Table of Contents

About this Report .....	3
Foreword.....	4
Highlights .....	5
1. Top Social Media Platforms .....	6
2. Experiences of Anti-Social Behaviour.....	7
2.1 Overall Prevalence of Anti-Social Behaviour .....	7
2.2 Members of Minority Groups are More Likely to Experience Anti-Social Behaviour .....	8
3. Impact of Experiencing Anti-Social Behaviour.....	10
3.1 Overall Impact of Anti-Social Behaviour.....	10
3.2 Members of Minority Groups are More Likely to Experience Negative Impacts of Anti-Social Behaviour .....	11
4. Responses to Experiencing Anti-Social Behaviour.....	12
Appendix A: Method.....	14
Appendix B: Survey Questions .....	15
Appendix C: Frequency of Anti-Social Behaviour.....	17
Appendix D: Impact of Anti-Social Messages.....	18
Funding.....	19
Acknowledgments.....	19

## About this Report

This report is published by the [Social Media Lab](#) at Toronto Metropolitan University's Ted Rogers School of Management, in collaboration with researchers from Royal Roads University and The University of the Arts London.

The report is based on a census-balanced online survey of 1,500 online Canadian adults (18+). The survey was conducted May 16–30, 2023. [Appendix A](#) provides more information about data collection. [Appendix B](#) includes the survey questions used in the report.

## Social Media Lab

The Social Media Lab is an interdisciplinary research laboratory at Ted Rogers School of Management at Toronto Metropolitan University. The lab studies how social media is changing the ways in which people and organizations communicate, share information, conduct business, and form communities, and how these changes impact society. The broad aim of the lab's research initiatives is to advance the public's understanding of the benefits and pitfalls of social media adoption.

## Additional Reports

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- The Influence of Influencers (2022)
- The State of Social Media in Canada (2022)
- The Reach of Russian Propaganda & Disinformation in Canada (2022)

## Authors

**Anatoliy Gruz** is a Professor, Canada Research Chair, and Director of Research at the Social Media Lab at Ted Rogers School of Management, Toronto Metropolitan University.

**Jaigris Hodson** is an Associate Professor and Canada Research Chair at Royal Roads University. She is also a Resident Fellow in the Anti-Polarization Initiative at the Cascade Institute.

**Jenna Jacobson** is an Associate Professor at Toronto Metropolitan University's Ted Rogers School of Management in Toronto, Canada.

**Philip Mai** is a Senior Researcher and Co-Director of the Social Media Lab at Ted Rogers School of Management, Toronto Metropolitan University.

**Victoria O'Meara** is a Post-Doctoral Research Fellow at the College of Interdisciplinary Studies, Royal Roads University.

**Felipe Bonow Soares** is a Senior Lecturer in Communications and Media - Social Analytics at London College of Communication, University of the Arts London.

# Foreword

One of the early promises of social media is that it would give voice to the voiceless and turn the world into a utopic connected village. While we are more connected than ever before, in recent years, social media usage has also been linked to a rise in anti-social behaviour online.

In the context of this report, **anti-social behaviour** on social media is defined as any interaction between two or more users that is hateful, harmful, or contrary to the norms of an online community or platform. This can include cyberbullying, hate speech, trolling, doxing (revealing one's personal information without consent), and spreading disinformation about someone or something.

Around the world and here in Canada, users are grappling with the impending normalization of aggressive behaviour, hostility, and toxic discourse in online spaces that demand more precise attention and interventions from policymakers, social media platforms, researchers, and civil society organizations.

At the individual level, anti-social behaviour on social media has real-life psychological and emotional

consequences for people. At the community and organizational level, anti-social behaviour can impact work performance and relationships, community ties, and lead to stress and burnout. At the societal level, there is a growing concern that some types of anti-social behaviour, such as hate speech, can erode public trust and confidence in democracy itself.

Using a census-balanced sample of the Canadian population (18+), this report aims to empirically shed light on this dangerous trend by analyzing how anti-social behaviour manifests on social media and how it affects different demographic groups in Canada.

To establish a point of reference, the report opens with a brief overview of the social media landscape in Canada (Section 1). The following three sections examine Canadians' experiences with different types of anti-social behaviour on social media (Section 2), the impact of anti-social behaviour (Section 3), and the responses to acts of anti-social behaviour (Section 4).

# Highlights

Below are some of the key findings:

1. 31% of Canadians report experiencing at least one type of anti-social behaviour sometimes or more often on social media. See [Sec. 2.1](#)
2. The most common types of anti-social behaviour on social media are being purposely excluded from a conversation (19%) and receiving hurtful messages (18%). See [Sec. 2.1](#)
3. 10% of Canadians reported having sexual content sent to them via social media from somebody who was trying to be mean to them or to embarrass them. See [Sec. 2.1](#)
4. Members of minority groups are more likely to experience anti-social behaviour on social media: 42% of racialized individuals, 47% of the individuals with disabilities, and 50% of individuals who are members of the 2SLGBTQ+ community. See [Sec. 2.2](#)
5. The most common impact of anti-social behaviour on social media is mental or emotional stress. People also report having problems with friends or family,

problems with romantic relationships, and reputational damage. See [Sec. 3.1](#)

6. Racialized individuals, individuals with disabilities, and members of the 2SLGBTQ+ community are more likely to report negative impacts, such as dealing with mental or emotional stress, because of experiencing anti-social behaviour on social media. See [Sec. 3.2](#)
7. After experiencing anti-social behaviour on social media, 77% of Canadians would unfriend or block the person/account responsible. See [Sec. 4](#)

The findings highlight the need for:

- more effective safety measures on social media platforms,
- strengthened online community standards,
- enhanced support for mental health impacts on targets,
- informed policy responses to address harassment and anti-social behaviour online.

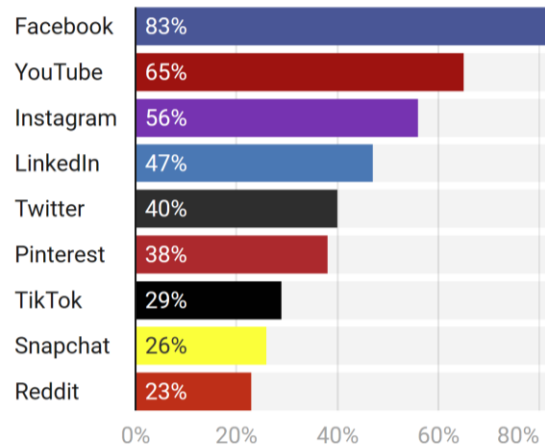
# 1. Top Social Media Platforms

To study anti-social behaviour on social media, we must first identify which social media platforms are used by Canadians. This will allow us to understand where Canadians might be experiencing acts of anti-social behaviour. The survey asked a representative sample of adults (18+) in Canada whether they have an account on any one of nine social media platforms listed in the chart to the right. These platforms were selected due to their general popularity as determined by the 2022 report [The State of Social Media in Canada](#).

Facebook remains the most popular social media platform in Canada; 83% of respondents report having an account on the platform. YouTube and Instagram are the second and third most popular platforms in Canada, coming in at 65% and 56%, respectively. The majority of users visit these three platforms daily, with 65% on Facebook, 60% on YouTube, and 64% on Instagram.

The most frequently visited platform is TikTok. While the number of Canadians on this platform is relatively small (29%), of those who do use the platform, 69% of them visit it daily.

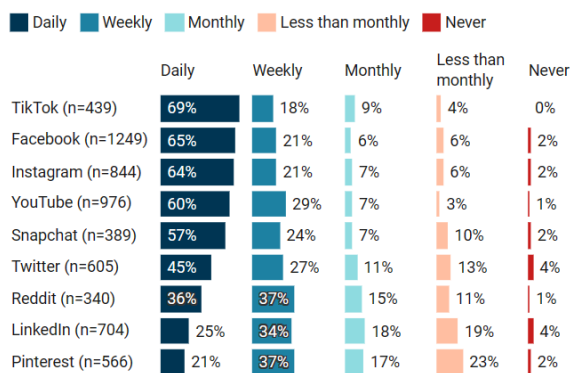
## Do you have an account on the following social media platforms?



n=1500

Note: All percentages are rounded to the nearest 1%.  
Source: "The State of Anti-Social Behaviour on Social Media, 2023" Social Media Lab, Toronto Metropolitan University

## How often do you visit the following social media platforms?



Note: All percentages are rounded to the nearest 1%. The chart is sorted based on the **daily** percentage of users.

Source: "The State of Anti-Social Behaviour on Social Media, 2023" Social Media Lab, Toronto Metropolitan University



# 2. Experiences of Anti-Social Behaviour

## 2.1 Overall Prevalence of Anti-Social Behaviour

To understand the prevalence of anti-social behaviour on social media, we asked Canadians how often they have been a target of the twelve most common types of anti-social behaviour—as identified in prior scholarly research<sup>1</sup>.

31% of Canadians<sup>2</sup> report experiencing at least one type of anti-social behaviour sometimes or more often on social media. The two most prevalent types of anti-social behaviour experienced by Canadians are being purposely “excluded from a conversation” and “receiving hurtful messages,” experienced by 19% and 18% of Canadians, respectively.

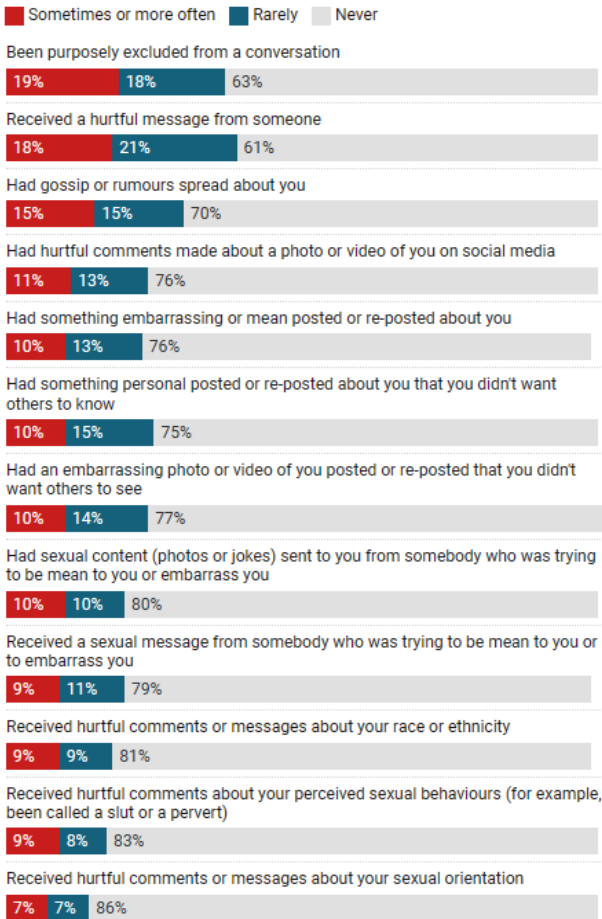
The spread of “gossip and rumours” is the third most common type of anti-social behaviour, as reported by 15% of Canadians.

Finally, 10% of Canadians reported having sexual content sent to them on social media from somebody who was trying to be mean to them or to embarrass them.

Receiving hurtful comments because of one’s race, ethnicity, or sexual orientation was the least frequently reported type of anti-social behaviour. This is likely because such comments are typically directed towards members of various minority groups, whose

overall representation in the general population is smaller. The next section describes the types of anti-social behaviour experienced by minoritized individuals.

### How often have you experienced the following on social media?



n=1500

Note: All percentages are rounded to the nearest 1%. Source: “The State of Anti-Social Behaviour on Social Media, 2023” Social Media Lab, Toronto Metropolitan University

<sup>1</sup> Shapka & Maghsoudi. (2017). Examining the validity and reliability of the cyber-aggression and cyber-victimization scale. *Computers in Human Behavior* 69, 10–17.

<sup>2</sup> 472 respondents out of 1500 who took part in the survey.

## 2.2 Members of Minority Groups are More Likely to Experience Anti-Social Behaviour

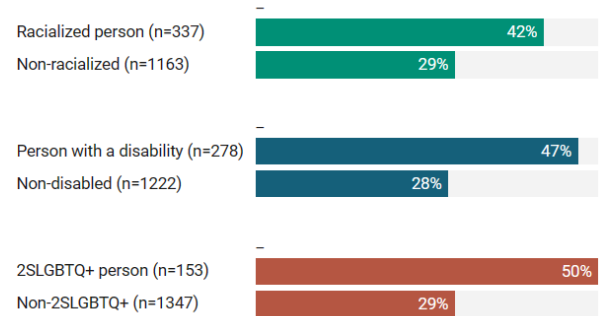
To determine whether minoritized individuals are more or less likely than non-minoritized individuals to experience anti-social behaviour, we compared those who experience anti-social behaviour (sometimes or more often) for members and non-members of the following minority groups: racialized individuals<sup>3</sup>, individuals with disabilities<sup>4</sup>, and members of the 2SLGBTQ+ community<sup>5</sup>.

Minoritized individuals are disproportionately more likely to experience anti-social behaviour on social media than non-minoritized individuals.

42% of racialized individuals, 47% of the individuals with a disability, and 50% of individuals who are members of the 2SLGBTQ+ community have experienced anti-social behaviour on social media (sometimes or more often), as compared to 28%–29% of non-members of these groups.

### Minoritized Individuals Experience of Anti-Social Behaviour

Experienced at least one type of anti-social behaviour on social media (sometimes or more often)



Note: All percentages are rounded to the nearest 1%.  
Source: "The State of Anti-Social Behaviour on Social Media, 2023" Social Media Lab, Toronto Metropolitan University

To provide a more nuanced understanding, we also calculated the least and most frequently reported types of anti-social behaviour separately for each of the three minoritized groups.

The types of anti-social behaviour experienced by members and non-members of minority groups often varied from group to group. See [Appendix C](#) for more information on the least and most frequently reported types of anti-social behaviours experienced by each of the three minority groups.

<sup>3</sup> For the purposes of the survey, the term "racialized people" included persons who are non-Caucasian in race or non-white in colour.

<sup>4</sup> For the purposes of the survey, *disability* was defined as a long term or chronic physical, mental, emotional/psychiatric or learning disability.

<sup>5</sup> 2SLGBTQ+ refers to individuals who identify as Two Spirit, Lesbian, Gay, Bisexual, Pansexual, Trans, Gender Independent, Queer, Questioning or those who express gender or sexual diversity.



## 2.2 Members of Minority Groups are More Likely to Experience Anti-Social Behaviour (cont.)

The chart on the right compares how members and non-members of three different minority groups experienced the **least** and **most** prevalent types of anti-social behaviour.

By comparing these ranges, we can see that all three minority groups were disproportionately more likely to experience anti-social behaviour compared to individuals who were not members of that minority group. This is true for both the **least** and **most** prevalent types of anti-social behaviour.

For instance, the most prevalent type of anti-social behaviour for racialized individuals is “being excluded from a conversation”; 25% of racialized individuals reported experiencing it, in contrast to 17% of non-racialized individuals (~8% difference). Even the **least** likely type of anti-social behaviour was twice as likely to be reported by racialized individuals than by those who are not; 12% of racialized individuals reported “receiving hurtful comments about their sexual orientation” compared to only 6% of non-racialized individuals. See [Appendix C](#) for more details.

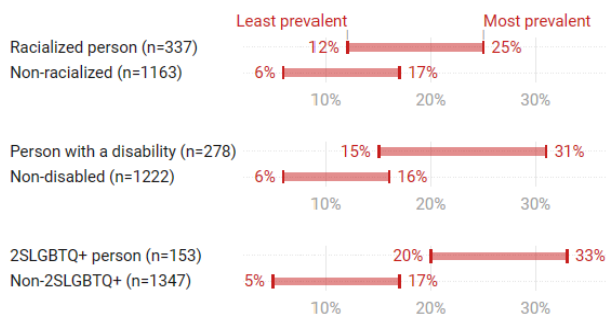
This result suggests that intersectionality may contribute to

the different types of anti-social behaviour being compounded on one another. For instance, in cases when someone identifies as both racialized and 2SLGBTQ+, they are more likely to experience one or more types of anti-social behaviour than someone who identifies as a member of only one or none of these groups.

The difference in experiences of anti-social behaviour is even greater among individuals with disabilities [15%–31%] in comparison to individuals without reported disabilities [6%–16%], and members of the 2SLGBTQ+ community [20%–33%] in comparison to non-community members [5%–17%].

### Percentage of the least and most prevalent types of anti-social behaviour experienced (sometimes or more often)

Comparison between minoritized and non-minoritized respondents



Note: All percentages are rounded to the nearest 1%.  
 Source: “*The State of Anti-Social Behaviour on Social Media, 2023*” Social Media Lab, Toronto Metropolitan University

# 3. Impact of Experiencing Anti-Social Behaviour

## 3.1 Overall Impact of Anti-Social Behaviour

To understand the negative impacts that anti-social behaviour may have on individuals, we asked all respondents who reported experiencing any type of anti-social behaviour at any time (821 out of 1500) to indicate their level of agreement with nine different types of negative impact. We then analyzed the responses to measure the potential effects of anti-social behaviour on their personal or professional lives.

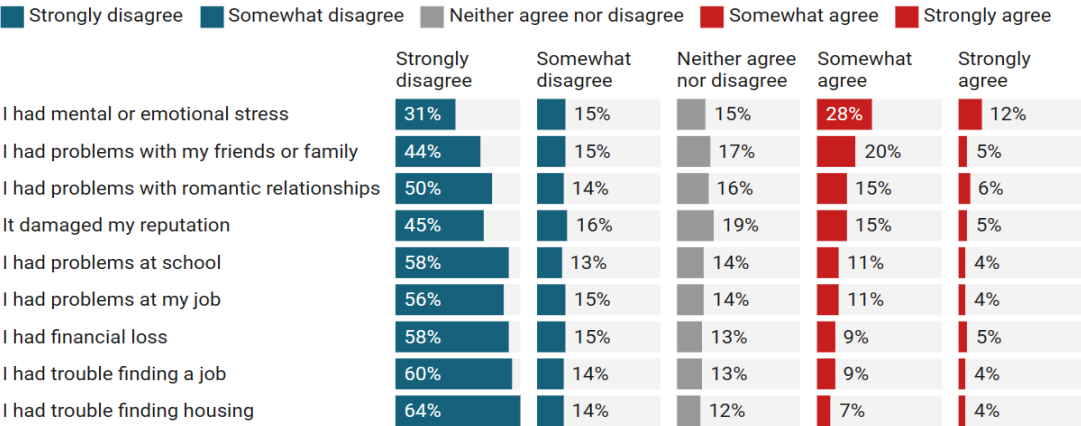
55% of those who responded to this question (455 out of 821) reported experiencing at least one negative impact of anti-social behaviour online.

The most common impact of experiencing anti-social behaviour was “mental or emotional stress,” as confirmed by 40% of those who have experienced anti-social behaviour<sup>6</sup>.

This was followed by “having problems with friends or family” (25%), “problems with romantic relationships” (21%) and “reputational damage” (20%).

These findings show that being a target of anti-social behaviour online may and often does negatively impact an individual’s personal or professional life in various ways.

**Please indicate the impact of anti-social messages on your personal or professional life by indicating your level of agreement with the following statements:**



Note: All percentages are rounded to the nearest 1%. Since the answer choices were optional, one to two individuals opted not to rate one or more choices; the percentages shown in the chart are calculated based on the total number of responses per choice (ranging from 819 to 821 responses).

Source: “The State of Anti-Social Behaviour on Social Media, 2023” Social Media Lab, Toronto Metropolitan University

<sup>6</sup> 40% when combining the ‘somewhat agree’ and ‘strongly agree’ responses.

### 3.2 Members of Minority Groups are More Likely to Experience Negative Impacts of Anti-Social Behaviour

Following the process outlined in Section 2.2, we calculated the percentages of the **least** and **most** prevalent types of impact for members and non-members of the following minority groups: 1) racialized individuals, 2) individuals with disabilities, and 3) members of the 2SLGBTQ+ community. This allowed us to determine whether minoritized individuals are more or less likely than non-minoritized individuals to be impacted by anti-social behaviour on social media.

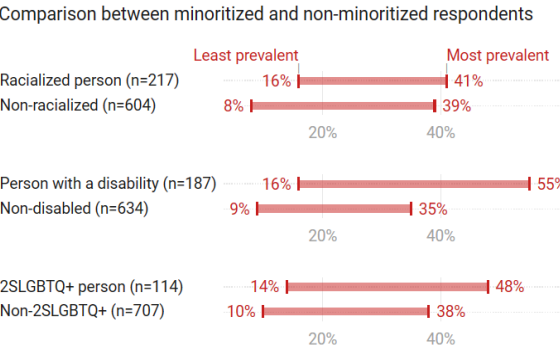
Having “mental or emotional stress” was reported **most** frequently by all three minority groups (members and non-members); and having “trouble finding housing” was the **least** frequently reported negative impact by all groups (members and non-members) except for racialized individuals whose **least** likely impact was having “financial loss.” See [Appendix D](#) for more details.

As shown in the chart to the right, all respondents who identified as a member of a minority group were more likely to be impacted by anti-social behaviour on social media than non-members of these groups.

For racialized and non-racialized individuals, the **most** prevalent negative impact reported were very close (41% and 39% respectively), however when we examine the **least** prevalent types of impact for racialized and non-racialized individuals, the difference between them is much greater (16% and 8% respectively).

The difference in the percentages of populations being impacted by anti-social behaviour is even greater when comparing individuals with disabilities [16%–55%] and without [9%–35%] or comparing 2SLGBTQ+ [14%–48%] and non-2SLGBTQ+ [10%–38%] members.

#### Percentage of least and most prevalent impact of anti-social behaviour experienced



*n=varies (includes the "somewhat agree" and "strongly agree" answers)*  
 Note: All percentages are rounded to the nearest 1%.  
 Source: “The State of Anti-Social Behaviour on Social Media, 2023” Social Media Lab, Toronto Metropolitan University

## 4. Responses to Experiencing Anti-Social Behaviour

The final section examines individuals' responses to anti-social behaviour. Specifically, we explore what Canadians are likely to do when being targeted by a hurtful or embarrassing message on social media. We asked about thirteen common actions that people can take when experiencing anti-social behaviour, from blocking or reporting an abusive account to withdrawing from social life to confronting the perpetrator.

The most likely<sup>7</sup> protective action after experiencing anti-social behaviour was "unfriending or blocking the person/account responsible," reported by 77% of Canadians.

The second most likely protective action was "adjusting one's privacy settings to limit who can access their profile/social media posts" (reported by 70%).

Just over half of the participants would likely report the person/account responsible to the group moderator (57%) or to the social media platform (55%<sup>8</sup>).

In order of prevalence, we observe an expected pattern: individuals would withdraw from participation in online/offline spaces as opposed to confronting the abuser or, in extreme cases, reporting them to law enforcement. This shows that being a target of anti-social behaviour can further isolate individuals who would withdraw from an online group or a social media platform (48%) or may even stop attending certain offline events or places (34%).

36% of Canadians would likely **not change** the way they use social media when faced with anti-social behaviour.

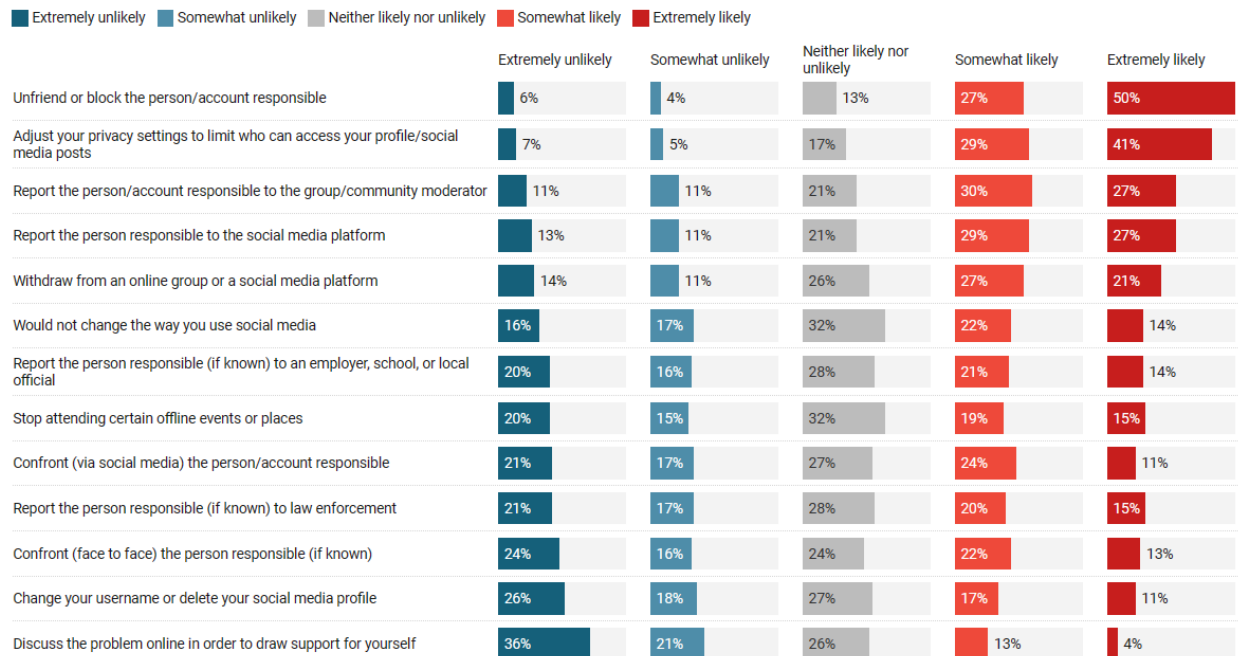
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<sup>7</sup> Including both 'somewhat likely' and 'extremely likely' responses

<sup>8</sup> 55% 'likely' consists of 28.5% 'somewhat likely' and 26.6% 'extremely likely' (shown in the following

chart as 29% and 27%, respectively, due to the rounding).

**If you receive a hurtful or embarrassing message(s) on social media directed at you, how likely would you do the following:**



Note: All percentages are rounded to the nearest 1%.

Since the answer choices were optional, one to four individuals opted not to rate one or more choices; the percentages shown in the chart are calculated based on the total number of responses per choice (ranging from 1496 to 1499 responses).

Source: "The State of Anti-Social Behaviour on Social Media, 2023" Social Media Lab, Toronto Metropolitan University.

# Appendix A: Method

Data was collected using Dynata, a market research firm. The survey was open from May 16–30, 2023 and was hosted on Qualtrics, an online survey platform. After excluding responses completed under 2 minutes and those that did not pass the attention check question, the report includes a total of 1,500 respondents.

The survey was available to online Canadian adults in English. The term “online Canadian adults” refers to internet users aged 18 and older.

To increase the representativeness of our sample, we used proportional quota sampling to recruit respondents, with quotas based on age, gender, and geographical region that matched the distributions of the 2021 Canadian Census.

All charts included in the report were calculated using SPSS and then visualized using Datawrapper.

## Ethics

The data is anonymized and presented in aggregate in this report. Research Ethics Boards approvals were obtained prior to data collection. Participants were shown a comprehensive consent form.

## Percentage Reporting

All percentages shown in this report are rounded to the nearest 1%. A margin of error is not reported since an online survey is not a random probability sample.

## 2021 Census-Balanced Sampling by Gender, Age, and Region

Demographic variables	% Respondents
<b>GENDER</b>	
woman (cisgender and transgender)	50.93%
man (cisgender and transgender)	48.93%
non-binary	0.13%
<b>AGE</b>	
18–24	10.07%
25–34	16.60%
35–44	16.53%
45–54	15.67%
55+	41.13%
<b>REGION</b>	
Atlantic (New Brunswick, Newfoundland and Labrador, Nova Scotia, and Prince Edward Island)	6.73%
Ontario	38.60%
Quebec	23.00%
Territories (Northwest Territories, Yukon, and Nunavut)	0.27%
Western (Alberta, British Columbia, Manitoba, and Saskatchewan)	31.40%



# Appendix B: Survey Questions

For this report, we analyzed the following questions:

## Social Media Accounts

**Do you have an account on the following social media sites or messaging apps?**

[Yes; No; Unsure]

- Facebook
- Instagram
- LinkedIn
- Pinterest
- Reddit
- Snapchat
- TikTok
- Twitter
- YouTube

**How often do you visit the following social media platforms?**

[Never; Less than monthly; Monthly; Weekly; Daily]

- Facebook
- Instagram
- LinkedIn
- Pinterest
- Reddit
- Snapchat
- TikTok
- Twitter
- YouTube

## Anti-Social Behaviour

**How often have YOU experienced the following on social media:**

[Never; Rarely; Sometimes; Often; Always]

The following statements are shown in random order:

- Been purposely excluded from a conversation
- Received a hurtful message from someone
- Had gossip or rumours spread about you
- Had hurtful comments made about a photo or video of you on social media
- Had something embarrassing or mean posted or re-posted about you
- Had something personal posted or re-posted about you that you didn't want others to know

- Had sexual content (photos or jokes) sent to you from somebody who was trying to be mean to you or embarrass you
- Had an embarrassing photo or video of you posted or re-posted that you didn't want others to see
- Received a sexual message from somebody who was trying to be mean to you or to embarrass you
- Received hurtful comments about your perceived sexual behaviours (for example, been called a slut or a pervert)
- Received hurtful comments or messages about your sexual orientation
- Received hurtful comments or messages about your race or ethnicity

## [Conditional Question]

**Based on your previous response, it appears that someone posted a hurtful or embarrassing message(s) targeting you on social media. Please indicate the impact of such message(s) on your personal and/or professional life by indicating your level of agreement with the following statement:**

[Strongly disagree; Somewhat disagree; Neither agree nor disagree; Somewhat agree; Strongly agree]

The following statements are shown in random order:

- I had mental or emotional stress
- I had problems with my friends or family
- I had problems with romantic relationships
- It damaged my reputation
- I had problems at school
- I had problems at my job
- I had financial loss
- I had trouble finding a job
- I had trouble finding housing

**If you receive a hurtful or embarrassing message(s) on social media directed at you, how likely would you do the following:**

[Extremely unlikely; Somewhat unlikely;  
Neither likely nor unlikely; Somewhat likely;  
Extremely likely]

The following statements are shown in random order:

- Unfriend or block the person/account responsible
- Adjust your privacy settings to limit who can access your profile/social media posts
- Report the person/account responsible to the group/community moderator
- Report the person responsible to the social media platform
- Withdraw from an online group or a social media platform


- Would not change the way you use social media
- Report the person responsible (if known) to an employer, school, or local official
- Confront (via social media) the person/account responsible
- Confront (face to face) the person responsible (if known)
- Report the person responsible (if known) to law enforcement
- Stop attending certain offline events or places
- Change your username or delete your social media profile
- Discuss the problem online in order to draw support for yourself


# Appendix C: Frequency of Anti-Social Behaviour

## Table for Section 2.2

**Q: How often have you experienced the following on social media?**

(Sometimes or more often)

 **Most frequently** reported **type of anti-social behaviour** for each minority group (for members and non-members)

 **Least frequently** reported **Type of anti-social behaviour** for each minority group (for members and non-members)

	Racialized person (n=337)	Non-racialized person (n=1163)	Person with a disability (n=278)	Non-disabled Person (n=1222)	2SLGBTQ+ person (n=153)	Non-2SLGBTQ+ person (n=1347)
Been purposely excluded from a conversation	25.2%	16.7%	30.9%	15.8%	32.0%	17.1%
Received a hurtful message from someone	24.6%	15.6%	30.2%	14.8%	33.3%	15.9%
Had gossip or rumours spread about you	19.9%	13.6%	25.9%	12.5%	28.8%	13.4%
Had hurtful comments made about a photo or video of you on social media	15.7%	9.5%	19.1%	9.1%	25.5%	9.3%
Had something embarrassing or mean posted or re-posted about you	14.8%	9.1%	18.7%	8.5%	23.5%	8.9%
Had something personal posted or re-posted about you that you didn't want others to know	14.5%	8.9%	20.1%	7.9%	24.2%	8.5%
Had sexual content (photos or jokes) sent to you from somebody who was trying to be mean to you or embarrass you	14.5%	8.2%	18.0%	7.7%	22.9%	8.1%
Had an embarrassing photo or video of you posted or re-posted that you didn't want others to see	14.8%	8.1%	16.9%	7.9%	20.3%	8.4%
Received a sexual message from somebody who was trying to be mean to you or to embarrass you	13.9%	8.1%	17.3%	7.6%	26.1%	7.5%


Received hurtful comments about your perceived sexual behaviours	13.1%	7.7%	16.9%	7.0%	26.1%	6.9%
Received hurtful comments or messages about your sexual orientation	11.6%	6.3%	15.8%	5.6%	27.5%	5.2%
Received hurtful comments or messages about your race or ethnicity	19.9%	6.2%	15.1%	7.9%	22.2%	7.8%

## Appendix D: Impact of Anti-Social Messages

### Table for Section 3.2

**Q:** Based on your previous response, it appears that someone posted a hurtful or embarrassing message(s) targeting you on social media. **Please indicate the impact of anti-social messages on your personal or professional life by indicating your level of agreement with the following statements:**

 **Most frequently** reported type of impact for each minority group (for members and non-members)

 **Least frequently** reported type of impact for each minority group (for members and non-members)

	Racialized Person (n=217)	Non-Racialized person (n=604)	Person with a disability (n=187)	Non-disabled Person (n=634)	2SLGBTQ+ person (n=114)	Non-2SLGBTQ+ person (n=707)
I had mental or emotional stress	40.9% <sup>9</sup>	39.4%	54.8% <sup>10</sup>	35.4% <sup>10</sup>	48.2%	38.4% <sup>9</sup>
I had problems with my friends or family	27.8% <sup>10</sup>	23.3%	37.4%	20.7% <sup>10</sup>	30.7%	23.5% <sup>10</sup>
I had problems with romantic relationships	24.4%	19.2%	28.3%	18.3%	21.9%	20.4%
It damaged my reputation	25.3%	18.4%	26.2%	18.5%	22.8%	19.8%
I had problems at my job	18.0%	14.1%	24.1%	12.5%	20.2%	14.3%
I had problems at school	19.4%	13.7%	20.3%	13.7%	20.2%	14.4%
I had financial loss	16.2% <sup>10</sup>	13.7%	22.6% <sup>10</sup>	12.0%	14.9%	14.3% <sup>10</sup>
I had trouble finding a job	21.7%	10.3%	21.9%	10.7%	19.3%	12.3%
I had trouble finding housing	17.1%	8.4%	16.0%	9.1%	14.0%	10.2%

<sup>9</sup> Two people from this group skipped this optional selection in the question.

<sup>10</sup> One person from this group skipped this optional selection in the question.

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### Address

Toronto Metropolitan University Social Media Lab  
10 Dundas St East  
10th Floor, Suite 1002  
Toronto, ON M5B 0A1 Canada