

# CYBERBULLYING

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# WHAT IS “CYBERBULLYING”

Cyberbullying is bullying that takes place over digital devices like mobiles, computers and tablets.

Cyberbullying can occur through SMS, texts and apps, or online in social media, or in gaming where people can view, participate in or share content.

Cyberbullying includes sending, posting or sharing negative, false or mean content about someone else.



# WHERE IT TAKES PLACE?

**The most common places where cyberbullying occurs are:**

**Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok**

**Text messaging and messaging apps on mobile or tablet devices**

**Instant messaging, direct messaging, and online chatting over the internet**

**Online forums, chat rooms, and message boards, such as Reddit**

**Email**

**Online gaming communities**





# LAWS AND SANCTIONS

All states have laws requiring schools to respond bullying. As cyberbullying has become more prevalent with the use of technology, many states include cyberbullying, or mention cyberbullying offenses, under laws.



# EMOTIONAL EFFECTS OF CYBERBULLYING

**Cyberbullying is a significant stressor in a young person's life. In fact, research shows that 32% of kids who are targets of cyberbullying report experiencing at least one symptom of stress.**

**Humiliation:** When cyberbullying occurs, the nasty posts, messages, or texts can be shared with multitudes of people.

**Anger:** Many victims of cyberbullying will get angry about what is happening to them. Some kids that are victimized may even plot revenge and engage in retaliation.



**Powerlessness:** Victims of cyberbullying often find it difficult to feel safe. They may feel vulnerable and powerless. Typically, these feelings surface because the online bullying can invade their home through a computer or cell phone at any time of day.

**Isolation:** Cyberbullying sometimes causes kids to be excluded and ostracized at school.



# MENTAL EFFECTS OF CYBERBULLYING

**When cyberbullying is ongoing, victims may lose interest in things they once enjoyed and spend less time interacting with family and friends.**

**Low Self-Esteem:** An example , maybe a child who feels insecure about a birthmark ends up being bullied about just that.

## **Depression and Anxiety**

Victims of cyberbullying may succumb to anxiety, depression, and other stress-related conditions. It also can increase feelings of worry and isolation.



## **Academic Issues**

Kids being victimized by cyberbullying may lose interest in school. They may skip school to avoid facing the kids cyberbullying them or because they are embarrassed and humiliated by the messages that were shared online.

## **Suicidal Thoughts and Self-Harm**

Sometimes targets of cyberbullying respond to their intense feelings by harming themselves in some way. For instance, some might engage in self-harm such as cutting or burning themselves. Cyberbullying also increases the risk of suicide. Kids that are constantly tormented through text messages, instant messaging, social media, often begin to feel hopeless and that the only way to relieve the pain is ending their life.

# WARNING SIGNS

## How can we tell if someone is cyberbullied?

- Appearing upset after internet use
- Being afraid of leaving the house, especially to go to school
- Being secretive about internet activity
- Changing attitude, dress or habits
- Clearing the screen when parents enter the room
- Crying for no apparent reason
- Having insomnia
- Being scared to get online
- Spending long hours on the computer

