

# CYBERBULLING



# WHAT'S CYBERBULLYING?

Bullying, which has always existed and is very widespread, has developed a new branch with the arrival of technology; cyberbullying. Cyberbullying is a continue attack against a person who is victim of a lot of psychological violence, but unlike bullying, in this case bullies are acting online.



# Through some researches, different categories of bullying have been identified:

- FLAMING: consists of offensive and violent messages written on some sites

- HARASSMENT: repeatedly sending insults in an obsessive way

- MASQUERADE: to steal the victim's identity to post their intimate or vulgar content.

- EXPOSURE: making a person's private information public.

- CYBERSTALKING: threaten and terrify a person with regard to physical safety.

- HAPPY SLAPPING: physically harass to film the scene and post it online.



# The damages of cyberbullying:

As several studies of Child Psychology explain, the victims of these insults are minors and, therefore, are people not yet 100% trained. A child's character defenses are not as strong as an adult's and this causes worse damage.

Among the main risks of cyberbullying these are the most common:

- depression;
- loss of contact with reality;
- loss of incentives to achieve goals;
- Nervous Breakdown;
- self-harm;
- suicide.

## HOW CAN WE BREAK DOWN THIS PHENOMENON?

The best way is to talk to an adult about bullying for help, or if a friend of yours is in a bad situation, is necessary to help him and don't make him feel alone.

But to talk to an adult about this problem is very difficult, because many guys are ashamed to admit it, and are scared about what might happen. There are still too many cases of cyberbullying, and now the best solution is to share a lot of informations about it.

