

# Cyberbullying, impacts of cyberbullying



## What is cyberbullying?



Cyberbullying is using technology to bully or hurt someone else.

## Cyberbullying can include:

Sending/sharing hurtful or abusive messages or emails.



Spreading rumours or lies online

Humiliating others by posting/sharing embarrassing videos or images

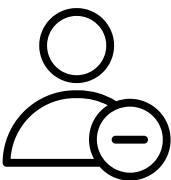


Setting up fake online profiles

Excluding others online



Repeated harassment and threatening messages (cyberstalking)



While any type of bullying can be hurtful, cyberbullying can hurt someone just as much as physical or verbal bullying because:

- It's public – lots of people can see it
- It spreads quickly
- It can be hard to escape
- The bully can be anonymous
- Removing it can be a difficult process



### The effects of cyberbullying also include:

- mental health issues and anxiety
- increased stress
- lashing out aggressively
- depression
- low self-esteem

Even if the bullying has stopped, cyberbullying can have long-term emotional consequences.

