What is Cyberbullying?

Cyberbullying is the use of digital technologies, such as social media, messaging, and email, to intentionally harass, threaten, or embarrass someone. It can take many forms, including sending hurtful messages, sharing private information, or excluding someone from online communities.

Common Methods of Cyberbullying

Online Harassment

Sending mean, threatening, or inappropriate messages, comments, or posts targeting a specific person or group.

Impersonation / False Profiles

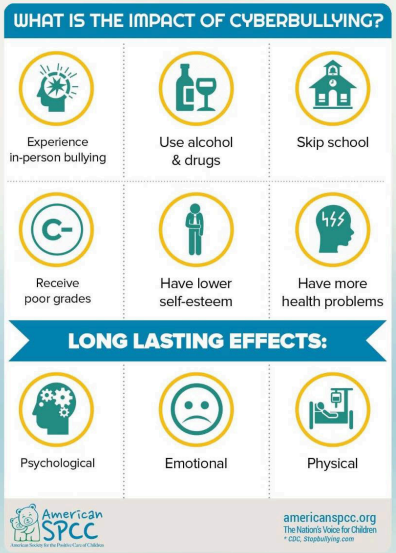
Creating fake accounts or hacking into profiles to pretend to be someone else and post content to embarrass or harass them.

Doxxing

Intentionally distributing another person's personal information on public forums. This can include phone numbers, addresses, or places of employment.

Cyberstalking

Perpetrators will be persistent in their efforts to gain contact with an individual. More often than not this is due to deep feelings towards the victim. Those who cyberstalk are more likely to bring their harassment offline.



Unique Concerns

1 Persistent

Digital devices offer an ability to immediately and continuously communicate 24 hours a day leaving it difficult for children to find relief from cyberbullying.

2 Permanent

Electronic information can be permanent and public, if not reported and removed. Negative online reputations, including those who bully, can impact all areas of like.

3 Hard to Notice

Due to the nature of cyberbullying it is harder for parents and teachers to recognize that there is a concern.

Recognizing Cyberbullying

Emotional Changes

Sudden changes in mood, increased anxiety, or withdrawal from online or offline activities.

Device Usage Patterns

Avoidance of devices, excessive checking of social media, or hiding screen content.

Social Interactions

Decreased participation in online communities or reluctance to discuss online activities.

Responding to Cyberbullying

1

Collect Evidence

Save screenshots, messages, and other documentation to provide proof of the cyberbullying.

2

Report and Block

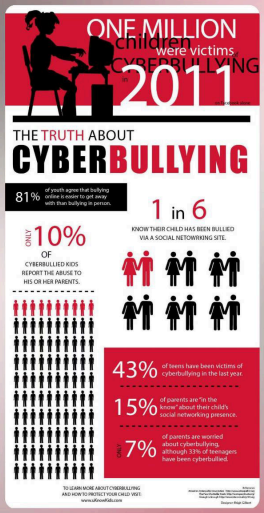
Report the cyberbullying to the platform or service provider and block the perpetrator.

3

Seek Support

Talk to a trusted adult, counselor, or organization for emotional support and guidance.

Retaliating
Teenagers
Mobile
Victims
Harassment
Serious
Laws
Cyberbullying
Reaction
Online
Harm
Networks
Social Media
Stalk
Regulating
Disruption
Internet
Teens
Humiliate
Behavior
Rumors
Repeated
Posting
Trolling
Abuse
Safety
Emotional



Why People Cyberbully

They have been cyberbullied themselves–They may feel as though it is okay to be treated this way or they find this is a way for them to express their own pain.

To fit in-This may be their way of seeking approval. They may see this as a way to fit in with a particular person or group.

Home life-This could be a route for someone to misplace their anger or sadness.

Jealousy-The most common reason for cyberbullying; especially in adolescence. Feeling insecure about oneselves and comparison to peers can lead to envy based cyberbullying and abuse.

Resources and Support

1

Hotlines

Contact national helplines for immediate support and guidance.

Text CONNECT to 741741

2

Online Resources

Explore websites and organizations that provide information and tools. Stopit App, StopBullying.gov, Stompoutbullying.gov

3

Counseling Services

Seek professional help from therapists or school counselors.