

Cyberbullying

Cyberbullying, instead of happening face-to-face, happens through the use of technology such as computers, cell phones and other electronic devices. Cyberbullying peaks around the end of middle school and the beginning of high school.

Examples of cyberbullying include:

- Sending hurtful, rude, or mean text messages to others
- Spreading rumors or lies about others by e-mail or on social networks
- Creating websites, videos or social media profiles that embarrass, humiliate, or make fun of others

Bullying online is very different from face-to-face bullying because messages and images can be:

- Sent 24 hours a day, 7 days a week, 365 days a year
- Shared be shared to a very wide audience
- Sent anonymously

Effects of Cyberbullying

Research on cyberbullying has found that students involved are more likely to:

- Be unwilling to attend school
- Receive poor grades
- Have lower self-esteem
- Have more health problems

Cyberbullying can have particular affects on those who are targeted. Research has found that young people who have been cyberbullied are significantly more likely to:

- Use alcohol and drugs
- Skip school
- Experience in-person bullying or victimization