

The Arkansas Cyber Defense Center

Cyber Harassment

The use of electronic communication such as email, text, or social media to harass, stalk, or threaten someone.

The effects of cyber harassment:

Cyber harassment can be very serious and may cause the victim to experience depression, anxiety, low self-esteem, and social isolation. If left unchecked, cyber harassment can have a lasting effect on the victims mental health and, in extreme cases, has been linked to suicide.

What is considered to be cyber harassment?

- Threatening or abusive messages
- Publishing private or derogatory information about someone on the internet
- Making someone feel scared or threatened by participating in certain online activities
- Using fake social media accounts to humiliate someone
- Sending someone viruses or spam
- Attempting to break into someone else's online accounts
- Offensive or derogatory comments on someone's posts
- Blackmailing someone with compromising photos/videos
- Repeated use of electronic communication to harass or frighten someone (Cyberstalking)

Red flags:

- They withdraw from social activities
- Sudden changes in mood or behavior
- Avoidance of certain people or places
- Stealthy use of technology
- Difficulty sleeping

