# **FORGE**

## The Arkansas **Cyber Defense Center**

### Cyberbullying

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

#### Effects of cyber harassment:

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

#### Common tactics used by cyberbullies:

- · Sending threatening, derogatory, or abusive messages
- Publishing private or sensitive information about the victim online without their consent
- Stalking or harassing the victim
- · Encouraging others to also bully the victim

#### **Red flags:**

- They withdraw from social activities
- · Sudden changes in mood or behavior
- · Avoidance of certain people or places
- Stealthy use of technology
- · Changes in work or school performance

#### Immediate actions:

- · Stop all communication with the bully.
- · Report the bully to the website or platform that the bullying took place on.
- Save texts, emails, screenshots, and social media posts as evidence.
- · Seek support from friends, family, or professionals.
- Report any threats of violence, child pornography, sexually explicit messages, etc. to law enforcement.
- If you are currently in danger of cyberbullying, harassment, or stalking, call 911.

REPORT A CYBER INCIDENT:

forge.institute/acdc 501-239-9599





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