

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.

