

What is Cyberbullying?

Have you ever shot off a text or posted something on social media that you wouldn't say to someone's face? The internet's anonymous nature can lead to negativity, which can make the web an environment where bullies can thrive.

Cyberbullying is a serious issue that causes real harm in people's lives, particularly children. But we can work together to stop it in its tracks, and we can refuse to be bystanders.

Cyberbullying isn't an issue of being on the computer too much – it can deeply impact victims' mental and physical health. We believe cyberbullying is a cybersecurity issue, because it is a way technology is used to cause harm.

Understand that cyberbullying is a bit of a subjective term, and cyberbullying changes as technology changes.

First, bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. This power imbalance can be physical, but it can also revolve around popularity or the bully having access to embarrassing information about the victim. Generally, bullying is a repeated behavior, or it has the potential to be repeated.

So cyberbullying is when bullying happens online or through digital channels like text messaging. Cyberbullies have a big toolbox – they use social media platforms, image-sharing sites, memes, email, and even phone calls.

Cyberbullying is often framed as an issue for children, but really anyone can be a victim. Cyberbullies can enter workplaces or higher ed. Even celebrities and politicians can be cyberbullied.

Additional Resources

- [StopBullying.gov](https://stopbullying.gov)
- [Riddle Suicide Prevention](https://www.riddle.org/suicide-prevention)
- [The Sandbox at Madeline's Place](https://www.madelinesplace.org/sandbox)