GLADSTONE **Women's Health**

Cyberbullying - Adults

Cyberbullying is the use of technology, such as the internet, social media or other digital communication platforms to harass, intimidate, or threaten someone. Cyberbullying can take many forms, including spreading rumours or false information, sharing embarrassing or damaging photos or videos, cyberstalking, hate speech, and online harassment.

The anonymity and reach of the internet can make cyberbullying especially harmful, as the victim may feel unable to escape the abuse and it can have a lasting impact on their mental health and well-being. Cyberbullying can be just as serious as in-person bullying, and it's important for those who experience it to reach out for help and support.

Common types of Cyberbullying

Harassment	Defamation	Impersonation	Outing
Sending mean, threatening, or harassing messages, or repeatedly sending messages despite requests to stop.	Spreading false or damaging information about someone online, including through social media, blogs, or forums.	Pretending to be someone else online in order to harm or deceive others.	Sharing someone's personal information or secrets online, including private photos or videos, without their consent.

Trolling		Cyberstalking		Exclusion	
Posting hurtful or inflammatory comments or messages with the intention of causing distress or harm.		Monitoring, harassing, or threatening someone online, often through repeated messages or tracking their activity on social media.		Intentionally excluding someone from online social groups, chat rooms, or other digital communities.	

Steps you can take

1. Save Evidence	2. Block The Person	3. Report the Incident
Keep any messages, photos, or videos that are related to the bullying, as they may be helpful if you need to report the incident.	Keep any messages, photos, or videos that are related to the bullying, as they may be helpful if you need to report the incident.	Block the person who is bullying you on social media, email, or other platforms to prevent further contact.
4. Reach out for support		**5. Take care of yourself**
Talk to someone you trust, such as a friend, family member, or teacher, about what you're going through. You can also reach out to a helpline, such as the National Suicide Prevention Lifeline, for support and resources.		Engage in self-care activities, such as exercise, mindfulness, or spending time with friends and family, to help you manage the impact of the bullying.

Report your bullying complaint to police, especially if you have concerns for your safety. Call 000 in an emergency.

It's not your fault!

Remember, it's not your fault if you are being cyberbullied, and you don't have to face it alone. By reaching out for help and taking care of yourself, you can start to heal and move forward. Engaging in cyberbullying can have serious consequences for both the person doing the bullying and their targets. Some of the risks of engaging in cyberbullying are:

- **Legal consequences:** Cyberbullying can be a criminal offence, and the person doing the bullying may face legal consequences, such as fines or even imprisonment.
- **Damage to reputation:** Engaging in cyberbullying can damage a person's reputation and make it difficult for them to build positive relationships in the future.
- **Mental health:** Cyberbullying can have serious impacts on the mental health of both the person doing the bullying and their targets. It can lead to feelings of anxiety, depression, and low self-esteem.

Tips for Parents

As a parent, it can be difficult to know how to respond if your child is experiencing cyberbullying. The steps you can take include listen and support; report the cyberbullying to the appropriate authorities, such as the platform where it took place, your child's school or the police; talk about internet safety with your child and how to protect themselves in the future; encourage your child to engage in self-care activities such as exercise, mindfulness or spending time with friends; and seek professional help from a counsellor or psychologist.