

Tiny Screen, Big Bully

Understanding Cyberbullying



➔ What is cyberbullying?

Sending, posting, sharing, content that is, **negative, harmful, false, mean** to intimidate, shame or harm someone.

➔ Where can you see cyberbullying?

Social Media, Messaging Platforms, Video & Computer Games, Mobile Phones

How common is cyberbullying?

- **37%** of Indian Parents reported that their children had been cyberbullied.
- **4 in 10** adults, aged 18–64, have faced online harassment.
- **Women & LGBTQIA** members face more cyberbullying than others.

What counts as cyberbullying?



Harassment

Sending hateful messages on social media.

For ex: The frequent hurtful comments, personal insults, especially seen on the social media pages of public figures.



Trolling

Posting offensive, lewd comments to get a response.

For ex: The kind of fat-shaming that often happens on the pages of body positive influencers.



Cyberstalking

Stalking someone on social media with the intention of harming, or intimidating them.

For ex: Making fake accounts to follow someone, joining same groups as them and sending them unwanted messages.



Outing

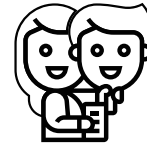
Sharing personal and private information about someone publicly.

For ex: For LGBTQIA members, it can mean revealing their sexual identity to the world, leading to discrimination or stigma.



Exclusion

Leaving a person out from an online group such as chats and sites and then subsequently leaving malicious comments and harassing them.



Impersonation

Creating a fake identity of someone else to send malicious messages to the victim.

➔ What can you do to prevent it?

Here are some of the ways you can help yourself or a loved one combat instances of cyberbullying:



Disengage: Even when the instinct is to retort or respond, resist it. Retaliating is only going to provoke the bully further.



Report & Block: Ensure that you report the behaviour on the platform where the bullying is active. Block those who show a pattern of harassing conduct.



Use Privacy Settings: Use privacy settings to avoid sharing sensitive information publicly.

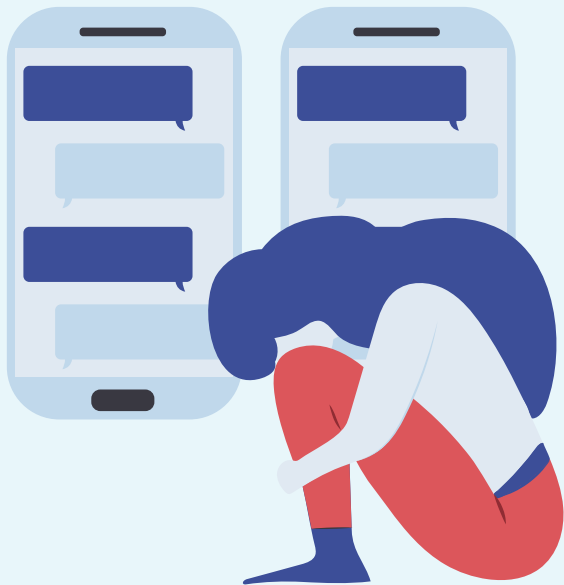


Be Cautious: Online spaces can help form great communities of support, however, use discretion when adding new people.



Keep Records: Take screenshots and save instances where you see the bad behaviour. It can help you report it.

➔ Cyberbullying: Understanding its impact on mental health



- Made victims experience depression and anxiety
- Reduced their feelings of self-worth
- Gave rise to physical issues such as headaches and stomachaches
- Increased self-harm thoughts
- Increased instances of eating disorders

➔ Coping with the stress of cyberbullying:

Here are some of the ways you can help yourself or a loved one affected by cyberbullying:

- **Set emotional boundaries.** Don't allow anyone to restrict your online presence and freedom of expression.
- **Identify and name the emotions** that you are feeling, such as fear, anger, self-blame or guilt, etc. This will help you cope better.
- **Evaluate your self-esteem.** Remember that their comments are not equal to your real self-worth.
- **Seek support** from trusted individuals.
- If required, **take a break** from social media.

With our digital lives becoming a vital part of our real ones, ensuring digital safety is essential to our well-being. Acting against cyberbullying is a step in that direction. It's also about recognising that everyone deserves respect — online and in real life.

Sources:

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