

WELCOME TO THE GEMINI IBD® INFOGRAPHICS NEWSLETTER

[VOLUME 20]

04-15-2023

WHAT IS CYBERBULLYING?

In our last newsletter, we examined some key steps that women can take when they are outside. But another, very important issue today is that of Cyberbullying. In this issue, we take a very close look as to what this is all about, as many people are still unsure of it.

We are planning to build this into a series, and our next newsletter will deal with Cyberbullying and children.

WHAT ARE THE DIFFERENCES FROM CYBERBULLYING & "NORMAL" BULLYING?

Traditional bullying involves physical or verbal aggression, such as hitting, name-calling, or exclusion, and it typically takes place in person or within close proximity.



On the other hand, cyberbullying involves the use of technology to harass, humiliate, or threaten someone, often in a public or semi-public online setting, such as social media, texting, or email. It can also occur at any time and place due to its anonymity. Cyberbullying can also involve spreading rumors or embarrassing images or videos of the victim online.

WHAT ARE THE DIFFERENT KINDS OF CYBERBULLYING?

1. **Harassment:** This involves repeatedly sending hurtful or threatening messages or comments online.
2. **Cyberstalking:** This involves using the internet to monitor or harass someone persistently, often with the intent of causing fear or intimidation.
3. **Exclusion:** This involves leaving someone out of online groups or conversations deliberately, or spreading rumors to make them feel unwelcome.
4. **Outing and/or Trickery:** This involves sharing someone's private information or pictures online without their consent, or tricking someone into revealing personal information that can be used against them.
5. **Denigration:** This involves posting negative or hurtful comments about someone or a business online or sharing embarrassing photos or videos.
6. **Impersonation:** This involves creating fake profiles or social media accounts to impersonate someone or leave fake reviews, often to humiliate or harm an individual or a business.
7. **Trolling:** This involves intentionally posting inflammatory or offensive messages online to provoke a response or cause disruption.

WHAT ARE THE EFFECTS OF CYBERBULLYING?

1. Anxiety, depression, and other mental health issues
2. Decreased self-esteem and self-worth
3. Social isolation and loneliness
4. Difficulty sleeping and eating
5. Reputation damage (personal or business)
6. Increased risk of substance abuse and employment problems
7. Financial loss for businesses being bullied
8. Trust issues and difficulty forming new relationships
9. Physical health problems, including headaches, stomach aches, and other stress-related symptoms
10. Increased risk of suicidal thoughts and behavior



STATISTICS ON CYBERBULLYING

- Approximately 37% of young people aged 12 to 17 have been bullied online.
- A 2018 survey by YouGov found that 15% of US adults experienced online bullying at work.
- 83% of young people believe social media companies should be doing more to combat cyberbullying on their platforms.
- The 2018 Norton LifeLock Cyber Safety Insights Report found that 80% of US adults experienced some form of cyber harassment or bullying, and 35% of those incidents took place at work.
- 60% of young people have witnessed online bullying, but most do not intervene.
- Only 1 in 10 teenage victims of cyberbullying will report the abuse to a parent or trusted adult.
- 81% of students say they would be more likely to intervene during cyberbullying if they could do so anonymously.

THE LAWS SURROUNDING CYBERBULLYING

At the present time, at least at the Federal Level, there is no central law against Cyberbullying. There are a lot of issues that go with this, and view the details of this, go these links:

[The Constitutionality of Cyberbullying Laws](#)

[The Complications of Formulating Cybersecurity Laws In United States Federal Policy](#)

Because of the inability to create a United States Federal Framework for Cyberbullying Laws, each state is left to create its own set of laws. To view the laws for each state, [click HERE](#).

