

# Bullying & Cyberbullying

# Bullying

Bullying, no matter whether it is traditional bullying or cyberbullying, causes significant emotional and psychological distress. In fact, just like any other [victim of bullying](#), cyberbullied victims experience anxiety, fear, [depression](#), and low self-esteem. They also may deal with low self-esteem, experience physical symptoms, and struggle academically. But targets of cyberbullying also experience some unique consequences and negative feelings.

# Impact

- Feeling vulnerable and powerless
- Feeling exposed and humiliated
- Feeling dissatisfied with who they are
- Feeling angry and vengeful
- Feeling disinterested (life and/or school)
- Feeling isolated and lonely
- Feeling anxious and depressed – possibly even suicidal



# Responding to Bullying

- It's not as easy as 'delete your account' or 'don't go online'
- Always report it
- Save all conversations – but not indecent images !
- Don't respond to the bullies
- Talk to someone about how you feel
- Engage in positive activities with positive people
- Practice mindfulness

I Say  
NO to  
Bullying!!

