

Common Forms of Cyberbullying

- Flaming and Trolling – sending or posting hostile messages intended to “inflamm” the emotions of others.
- Happy Slapping – Recording someone being harassed or bullied in a way that usually involves physical abuse, then posting the video online for public viewing.
- Identity Theft/Impersonation – stealing someone’s password and/or hijacking their online accounts to send or post incriminating or humiliating pictures, videos, or information.
- Photoshopping – doctoring digital images so that the main subject is placed in a compromising or embarrassing situation.
- Physical Threats – sending messages that involve threats to a person’s physical safety.
- Rumor Spreading – spreading gossip through email, text messaging, or social networking sites.

Signs a Child May Be a Victim of Cyberbullying

- ✓ Avoids the computer, cell phone, and other technological devices or appears stressed when receiving an email, instant message, or text.
- ✓ Withdraws from family and friends or acts reluctant to attend school and social events.
- ✓ Avoids conversation about computer use.
- ✓ Exhibits signs of low self-esteem including depression and/or fear.
- ✓ Has declining grades.
- ✓ Has poor eating or sleeping habits.