Effects of cyberbullying

Cyberbullying affects people from any age or walk of life, including children, teens and adults who all feel very distressed and alone when being bullied online.

A person who is being cyberbullied may:

- Feel sad and lonely
- Have low self-esteem
- Feel frightened and scared
- Try to avoid going to school
- Feel like they have no friends
- Not want to talk to anyone about what's happening
- Feel anxious and worried
- Not even know who is bullying them online
- Feel embarrassed

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