**Cyber Bullying**

**I- Introduction:**

**Logo:**

**Slogan:**

1. **Cyber Bullying definition:**

Cyber bullying is bullying, threading and embarrassing someone’s else feelings that takes place over digital technologies like

* Cell phones
* Computers
* Tablets

Cyber bullying includes posting or sharing harmful and cringe content about the victim causing severe results and impact.

1. **History of cyber bullying:**

Since 1990, with internet’s wave, computers became widely available. So the cyber bullying attacks increased by 92% with the revolution of technology and social media.

1. **Cyber bullying effects and examples:**

Cyber bullying can affect any age category but especially teenagers who are the main target and the victims of this sort of bullying.

In fact, in every single school or secondary school, this type of bullying exists and exercised on weak students who are unable to defend themselves and on those who are seen different like wearing glasses, underweight and fat (etc ...).

Cyber bullying can easily destroy someone’s life due to its effects; huge effects on emotions, behavior and mental health.

**3-1) Emotional effects of cyber bullying**

Among the effects that can be caused we mention:

* Humiliation
* Isolation
* Anger
* Powerlessness

**3-2) Mental effects of cyber bullying**

Being a victim of cyber bullying can change the vision to life so it appears hopeless and can lose interest in it.

We mention:

* Depression
* Anxiety
* Low self-esteem

In some cases, these effects can end with thoughts of suicide or self harm.

**3-3) Behavioral effects of cyber bullying**

Behavioral changes can include in some cases:

* Using drugs or alcohol
* Skipping school
* Carrying a weapon
* Being aggressive