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# Cyberbullying



**Cyberbullying** is a form of bullying or harassment using electronic means. Cyberbullying is also known as **online bullying**. It has become increasingly common, especially among teenagers. Cyberbullying is when someone bullies or harasses others on the internet, particularly on social media sites. Harmful bullying behaviour can include posting rumours, threats, sexual remarks, a someones personal information, or pejorative labels (i.e. hate speech). Bullying or harassment can be identified by repeated behaviour and an intent to harm. Victims may experience lower self-esteem, increased suicidal ideation, and a variety of negative emotional responses, including being scared, frustrated, angry, and depressed.

To learn more about **Cyberbullying** and what you can do, check out the following resources.

Cyberbullying

[A Parent's Guide to Cyberbullying](#)

[Cyber-Stalking-Cyber-Bullying-Safety-Tips](#)

Parent Tip Sheet – Common Sense on Cyberbullying For High School Students

Preventing Cyberbullying

Responding Cyberbullying