

Types of cyber bullying

Cyber bullying is the use of technology to bully a person or a group of people with the intent to hurt them socially, psychologically or even physically. However, it's not just about words, it can be in many forms.

Below are the most common forms of cyber bullying.

Harassment

This involves the bully sending offensive and hurtful messages to an individual or group repeatedly. This can impact their self-esteem, confidence and make them scared to attend school. Cyber stalking is a form of harassment that involves continual threatening, rude or hurtful messages. This can lead to physical harassment in the real, offline world.

Exclusion

Exclusion is the deliberate act of leaving a person out from an online group or conversation on purpose. This can be really hurtful for the child who then feels rejected.

Outing

Outing is when a bully distributes personal information. This can be in the form of pictures, videos or text and is shared publicly without permission. A person is 'outed' when this information has been disseminated throughout the internet. This includes the use of 'sexting' and 'revenge porn'. Image-based abuse is a growing phenomenon as the rise of social messaging apps that do not require identification expand. When children accept, make or spread explicit images of their peers they are committing sexual offences and breaking the law.

Trolling

Trolling is the deliberate act of provoking a response through the use of insults, controversial statements and off-topic messages on online forums and social networking sites. The troll's main aim is to make them angry enough to act and respond in the same way. Trolls spend their time looking for arguments. Usually they are looking to make themselves feel good by making others feel bad.

Masquerading

Masquerading is where a bully creates a fake identity to harass someone anonymously. In addition to creating a fake identity, the bully can impersonate someone else to send malicious messages to the victim. This can also be a type of catfishing where people create profiles to lure people into relationships with online strangers. This is often for their own amusement, to make money or to humiliate the person.