

# IMPACTS OF CYBER BULLYING

**Impacts on the person  
who is cyber bullying  
someone:**

**Impacts on the people  
witnessing (bystanders)  
cyber bullying:**

**Impacts on the person  
who is being cyber  
bullied:**

# IMPACTS OF CYBER BULLYING

## *Reference*

### **Impacts on the person who is cyber bullying someone:**

- insecure
- mean
- dishonest
- powerful but afraid the power will shift
- in charge but not in control
- dominant but worried that it will change
- superior but not in other parts of your life
- swept up in the moment

### **Impacts on the people witnessing (bystanders) cyber bullying:**

- confused
- anxious
- worried
- guarded
- superior
- uncertain
- out of control

### **Impacts on the person who is being cyber bullied:**

- angry
- hurt
- sad
- confused
- anxious
- insecure
- upset
- withdrawn
- insecure
- lack of control
- feel unsafe everywhere, even their own home