

The effects of Cyberbullying

Be aware of the signs, so you can keep them safe!

Psychological Effects

- Harmful habits
- self-isolation
- decreased self-esteem
- Unusual withdrawal

Physical Effects

- Stomach ache
- Issues with sleeping
- Recurring headaches

Mental Effects

- Lack of concentration
- Anxiety
- Self-harm
- Negative thoughts

Emotional Effects

- Embarrassment
- Guilt
- Shame
- Depression

