

An illustration depicting cyberbullying. On the left, a boy with red hair and a blue sweater looks sad while holding a smartphone. In the center, a red circle with two white exclamation marks is positioned above the title. On the right, a girl with brown hair in a purple jacket and a boy with dark hair in a green hoodie are smiling and looking at a smartphone together. The background is dark blue with faint icons of a document and a social media post.

# *CYBERBULLYING AND ONLINE HARASSMENT*

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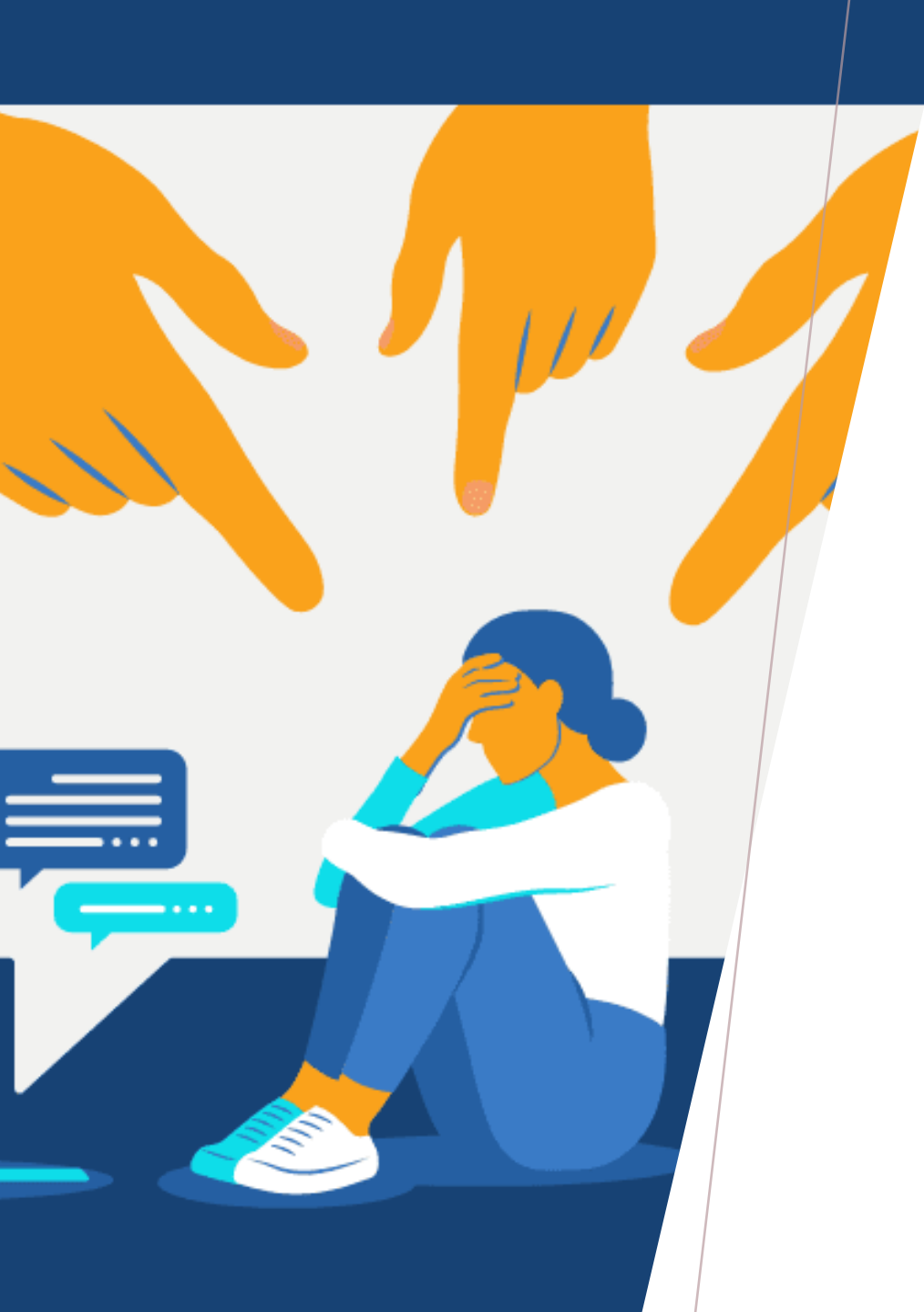
# *OBJECTIVES*

- Identify the psychological impacts that victims experience from online harassment.
- Explain how tools in cybersecurity can help prevent and reduce cyberbullying and online harassment.
- Outline the legal frameworks and protections related to online harassment and cyberbullying.
- Show how cybersecurity, mental health awareness, and law work together to improve online safety for individuals.
- Describe the social factors that are either influenced or worsened by cyberbullying.

# *WHAT IS CYBERBULLYING & ONLINE HARASSMENT?*

- Cyberbullying and Online Harassment both have aspects of people spreading rumors, harassing others, and posting hurtful content about others.
- How can this be done?
  - Text
  - Social Platforms ( Instagram, Snapchat)
  - Chat Rooms
  - Anywhere





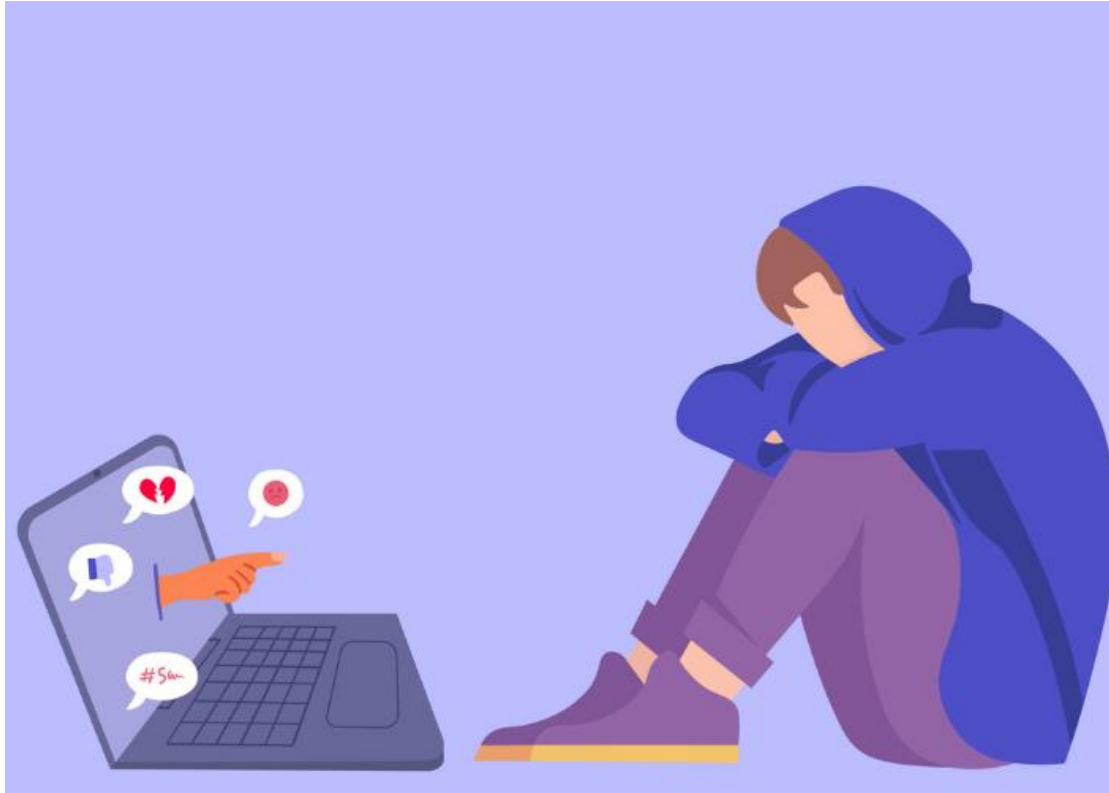
## *WHAT ARE THE PSYCHOLOGICAL IMPACTS?*

- Depression
- Isolations
- Anger
- Anxiety
- Suicidal ideation
- Low self-esteem
- Substance Use

# *CYBERSECURITY IN ADDRESSING CYBERBULLYING & ONLINE HARASSMENT*



- Digital Education
  - Learning how to navigate social media and how to avoid potentially dangerous situations
- Security
  - Having strong passwords, and two-step authentication
- Collecting Evidence & Reporting
  - Having evidence can help build up legal action or help in getting the account banned
- Support
  - Seeking help before the cyberbullying and harassment gets to become too much could potentially stop individuals from having to experience the impacts that were mentioned on the previous slide
- Being Aware



# *SOCIAL*

- Ruined Online Reputation
- Social Isolation
  - Feeling unsafe and pulling out of activities
- Normal
  - We see it so much that we've become desensitized to it
- Bystander
  - Not helping, but also not stopping and sometimes joining in
- Psychological Aspects
  - Low self-esteem, shame, learning troubles



# *LEGAL ASPECTS*

- When it comes to cyberbullying and harassment that cross personal boundaries, it can lead into the legal territory, especially if someone is being threaten, stalked, or defamation.
- Key Legal Considerations:
  - Cyberstalking: In many states, it is known for criminalize repeated online threats or unwanted contact.
  - Harassment Statutes: You can prosecuted if you are sending obscene, threatening, or repeated harmful messages.
  - Defamation & Libel: This is when a person makes false post online that can damage someone reputation which can lead to a civil lawsuit.
  - Doxxing Laws: Some jurisdictions punish the intentional publication for posting private information with the intent to cause harm.
  - School Policies: In schools and colleges, they are legally required to hold a investigation on online bullying that is affecting their students.
    - ODU uses the Policy Guide- Prohibited Conduct/Behaviors. This policy talks about the bans all forms of harassment, bullying, and threatening behavior within the workplace and campus community , especially if the actions are harm morale, safety, or an individual's well-being. Whether conduct counts as violation it all depends on how serious it affects the person's education or employment and how often/where it occurs, who is involved, and how a reasonable person would view the situation.



## What should I do if I think my child is being bullied or harassed?

### WHAT IS BULLYING AND HARASSMENT?

Actions or words, done on purpose, that hurt another person physically or emotionally. It can happen in-person or online.

#### SAY SOMETHING!

Report the situation.  
Contact your school or go to the APS website and complete the Bullying and Harassment Report form.

website:  
[apsva.us/bullying-prevention](https://apsva.us/bullying-prevention)  
email:  
[report@apsva.us](mailto:report@apsva.us)  
report form:  
[bit.ly/APS-report-bullying](https://bit.ly/APS-report-bullying)



#### What happens next?

The report will be sent to your child's principal or school-based administrator. They will let you know they have received it within 24 hours.

The principal or school-based administrator will investigate the report and contact the parents/guardians of the student(s) within 2 school days. They will either share the results or provide an estimate of how many more days the school will need.

#### After the investigation...

Both parties will be contacted in writing with the result of the investigation, any policy violations, and how they may appeal a decision.

For more information, contact your school or visit [apsva.us/bullying-prevention](https://apsva.us/bullying-prevention)



# CYBERSECURITY'S LEGAL ROLE

- Cybersecurity can strengthen the enforcement of the these laws by:
  - Digital evidence collecting: In order to identify the perpetrators, experts can collect logs, IP addresses, screenshots, and message histories. Nothing is never deleted forever.
  - Authentication: It ensures that evidence is not tampered with and proves clear links of actions to the account.
  - Incident response systems: Institutions use this to secure reports and tracking system to manage cases that have been filed.
  - Compliance: Most organizations follow cybersecurity laws such as COPPA, FERPA, and data protection to regulate the safeguards of minors and vulnerable online users.

# *LEGAL ASPECTS*

The legal response to cyberbullying and online is important to hold offenders accountable for their actions and protecting victims. Even though we have laws that addresses harassment, cyberstalking, defamation, and the inappropriate use of personal information, the legal system still provides a clear idea on the consequences for harmful online activities and behaviors. When cybersecurity have strong support system, it can help collect evidence and verify the identity of the perpetrators. These laws become more effective when they ensure that the victims have a reliable backup and pathway to get justice and having a safer experience in the digital world.





*THANK YOU*

# REFERENCE

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