

Online harassment and cyberbullying "The Role of Cybersecurity, Psychological & Social Impact, and Legal Responses"

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Slide 2 — What Is Cyberbullying & Online Harassment?

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- Cyberbullying basically refers to any type of harassment that happens through a phone, computer, or online platform. It can be messages, posts, comments, or even photos that are meant to hurt or embarrass someone.
- What makes it different from regular bullying is that it doesn't just stop when you go home. Your phone follows you everywhere, which means the harassment can too. It can also spread quickly, sometimes to people you don't even know.

Why People Do It

- There isn't one single explanation. A big part of it is that people feel hidden online – almost like the screen gives them a mask. When someone feels anonymous, they sometimes say things they wouldn't say out loud.
- Sometimes it's also group influence. When other people join in, it becomes easier for someone to justify being cruel.

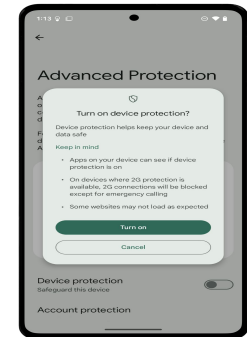
And of course, people bring their own personal issues into the online world. Stress, jealousy, insecurity, or wanting to feel powerful can all play a role.

How It Affects People

- A lot of people think, “It’s just the internet,” but it’s not that simple. Being harassed online can affect someone’s mental health in real ways. Many victims describe feeling anxious, sad, or overwhelmed.
- Some start avoiding school or social situations because they don’t know who has seen what was posted. Even when the bullying stops, the emotional impact can linger. It can shape how people view themselves and how they trust others.

The Cybersecurity Side of the Problem

- Cybersecurity might sound like it's only about hackers, but it actually plays an important role in protecting people online.
- Social media platforms now use technology that tries to spot harmful messages or patterns automatically. These systems aren't perfect, but they help catch things earlier than before.
- Cybersecurity also includes things like privacy settings, blocking tools, and reporting features – basically anything that helps people control who can reach them.
- Schools and organizations also use cybersecurity tools to monitor harmful activity and direct people to mental-health or reporting resources.



What the Law Says

- Many countries have started passing laws that deal with online harassment more directly. These laws usually focus on things like threatening messages, stalking someone online, or posting private content without permission.
- The difficult part is that people can create fake or anonymous accounts, and sometimes the harassment comes from someone in a different country entirely.
- Lawmakers try to protect victims while still balancing things like privacy and free speech, which makes this area more complicated than it seems.



How We Can Prevent It

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- Stopping cyberbullying isn't just about punishing people. Prevention also depends on things like teaching students how to communicate online, helping people learn emotional skills, and building communities where people feel supported.
- Victims who have strong support – whether from family, friends, or educators – tend to recover better.
- Schools that talk openly about digital behavior usually see fewer incidents. And platforms that enforce their rules create safer spaces for everyone.



Why It's Still Hard to Solve

- Even with better tools and laws, there are still major challenges.
- A lot of people don't want to report what's happening because they're embarrassed or scared it will make things worse.
- New apps and features come out constantly, which means new opportunities for harassment.
- And because there isn't a single, universally accepted definition of cyberbullying, different groups measure and handle it in different ways.
- All of this makes it a problem that requires ongoing attention.



Why Cybersecurity Needs Input from Social Science

- Technology can detect harmful behavior, but it can't understand the emotions behind it. That's where psychology and sociology matter.
- To really address cyberbullying, we need to understand people's motivations, stress levels, mental-health needs, and social environments.
- A mix of cybersecurity tools, emotional education, supportive communities, and fair policies is far more effective than relying on tech alone.

Final Thoughts

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- Cyberbullying affects more than just someone's online life – it can shape their mental health, their relationships, and their sense of safety.
- Cybersecurity gives us tools to help spot and stop harmful behavior, but the human side of things is just as important.
- Creating safer online spaces means combining technology, empathy, education, and strong support systems. It's something everyone plays a part in.

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