

 MediaLiteracyCouncilSG  
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BE KIND

# THE IMPACT OF CYBER-BULLYING



DO WHAT'S RIGHT ONLINE

-  **THINK**  
before you post
-  **RESPECT**  
others
-  **STAND UP**  
for what's right



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SG:D | GET READY!

 **CHECK  
Please!**  
Be Safe. Be Smart. Be Kind.



# Before we react, **CHECK PLEASE!**

Understand the seriousness of cyber-bullying and how you can help.

## 01 REPUTATION LOSS

Cyber-bullying can damage a person's reputation – both for the bully and the victim. Since material that goes online tends to stay online and can be sometimes impossible to remove, this damage can be hard to undo. It can have consequences on a person's schooling, career, and even relationship prospects.

## 02 SPOILS WORK ENVIRONMENT

If cyber-bullying takes place in the work environment, it can cause stress and anxiety for both victims and bystanders, leading to higher rates of absenteeism and turnover. Bystanders may feel afraid that they will be the next victim, especially if the cyber-bully is a superior.

## 03 DISRUPTS DAILY ROUTINES

People who are cyber-bullied often struggle to carry out their daily tasks and may experience changes in their eating or sleeping patterns. They may even lose interest in their hobbies or family life.

## 04 AFFECTS CLOSE ONES

When someone is cyber-bullied, the effects it has on their mental and emotional well-being often spill over to their close friends and family. Particularly vicious cyber-bullies may also make information about their friends and family public to shame or harass them further.

