

# Why must we stop cyberbullying?

[www.education.com](http://www.education.com)

- Bullying of all kinds can seriously affect the mental health, academic work, and physical health of children who are targeted.
- We must try to end all forms of bullying, particularly the new emerging problem of cyberbullying because:
  - Cyberbullying can occur at any time of the day or night
  - Cyberbullying messages and images can be distributed quickly to a very wide audience
  - Children and youth can be anonymous when cyberbullying, which makes it difficult (and sometimes impossible) to trace them.
- Research examining the harm caused by cyberbullying media in comparison to traditional bullying found that although most forms of cyberbullying were rated as having a similar impact, pictures and video clips were perceived to cause much greater harm than traditional bullying.