Effects of Cyber Bullying

Kids who are cyber bullied can experience negative physical, school, and mental health issues.

**Cyber bullying can lead to:**

* Humiliation
* Embarrassment
* Low self-esteem
* Feeling sad
* Trouble sleeping
* Skipping school or class
* Using alcohol or drugs
* Using negative “I am” statements
* Losing interest in activities
* Avoiding social situations
* Feeling sick or other physical ailments
* Sudden drop in grades or failing a class