

cyberbullying effects can be classified under the following:

- Psychological effects
- Physical effects
- Emotional effects
- Mental effects

1. Psychological Effects of Cyberbullying

The psychological effects of cyberbullying can be just as damaging as the physical effects. Victims of cyberbullying may experience a range of negative emotions, such as sadness, anger, fear, and embarrassment. They may also feel isolated and alone.

- Low Self-Esteem
- Isolation and Withdrawal
- Harmful habits

2. Physical Effects of Cyberbullying

- Headaches
- Stomach aches
- Sleeping problems

3. Mental Effects of Cyberbullying

Cyberbullying can also have a negative impact on the [victim's schoolwork](#). Victims may have trouble concentrating in class and may not want to go to school. They may also receive lower grades than they usually would.

The mental effects include

- Anxiety
- Loss of concentration
- Self-harm
- Suicidal thoughts

4. Emotional Effects of Cyberbullying

Victims of cyberbullying may also have trouble [forming relationships](#) with other people. They may be afraid to trust anyone and may not want to socialize with others. This can lead to them feeling lonely and isolated.

The emotional effects of cyberbullying include:

- Depression
- Shame
- Guilt
- Embarrassment