

Preventing and lessening the psychological harm of cyberbullying Education and dissemination of information around cyberbullying will help teach a new generation about online ethics and morals, encouraging the understanding that anonymous comments are not made in a vacuum and that the victim of cyberbullying is an object of empathy. 1– They can: Speak up when they witness behavior that constitutes psychological harassment.5– Seek support if they are experiencing psychological harassment. Removing anonymity from online spaces could also remove one of the major factors encouraging or allowing cyberbullying, though depending on the venue may present a safety or privacy concern to all involved. School counselors and mental health professionals working in the education sector play a vital role in helping students suffering from psychological symptoms due to cyberbullying.6– Empathy training.