# Online Shaming Is a Myth: The Truth About Online Harassment

### Hate Story: Online shaming is a myth... or is it?

by Amy Rafferty

★★★★☆   4.4 out of 5

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Online shaming is often seen as a harmless way to hold people accountable for their actions. However, research shows that online shaming can have serious consequences for victims, including depression, anxiety, and even suicide. In this article, we'll explore the truth about online shaming and why it's important to stop.

## What is online shaming?

Online shaming is the act of publicly humiliating or disgracing someone online. This can be done through social media, email, or even text messages. Online shaming can take many forms, including:

- Posting embarrassing or private information about someone

- Creating or sharing memes or videos that mock or ridicule someone

- Leaving negative comments or reviews about someone online

- Threatening or harassing someone online

## The consequences of online shaming

Online shaming can have a devastating impact on victims. Research has shown that victims of online shaming are more likely to experience:

- Depression

- Anxiety

- Post-traumatic stress disorder (PTSD)

- Suicidal thoughts and behaviors

In addition to these mental health consequences, online shaming can also lead to:

- Loss of reputation

- Loss of job

- Loss of relationships

- Physical violence

## Why is online shaming a myth?

The myth of online shaming is that it is a harmless way to hold people accountable for their actions. However, as we have seen, online shaming can have serious consequences for victims. In addition, online shaming is often used to target people who are already marginalized, such as women, people of color, and LGBTQ people.

There are more effective ways to hold people accountable for their actions than online shaming. We can:

- Talk to the person directly about their behavior.

- Report the person to the appropriate authorities.

- Support organizations that are working to combat online harassment.

Online shaming is a serious problem with real consequences. It is not a harmless way to hold people accountable for their actions. If you see someone being shamed online, please speak up and support them. Together, we can stop online shaming and create a more just and equitable world.

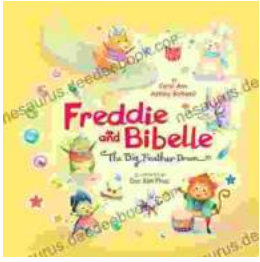### Hate Story: Online shaming is a myth... or is it?

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