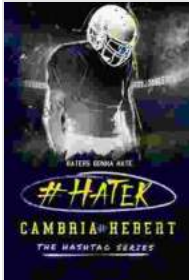


# The Hater Hashtag: Cambria Hebert's Journey Through Online Harassment and the Fight for Justice



## #Hater (Hashtag Series Book 2) by Cambria Hebert

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3023 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 262 pages
Lending	: Enabled



In 2012, Cambria Hebert, a 19-year-old woman from Louisiana, posted a photo of herself on Instagram with the hashtag #hater. Little did she know that this seemingly innocuous act would lead her down a dark path of online harassment and cyberbullying.

Within hours of posting the photo, Hebert began receiving hateful messages from strangers. The messages were filled with threats of violence, sexual assault, and death. Hebert was terrified and did not know what to do.

Hebert's experience is not unique. In fact, a 2014 study by the Pew Research Center found that 73% of teens have experienced some form of online harassment. And while anyone can be a victim of cyberbullying,

certain groups are more likely to be targeted, including women, people of color, and LGBT youth.

The effects of cyberbullying can be devastating. Victims may experience anxiety, depression, and even suicidal thoughts. They may also be more likely to engage in self-harm or substance abuse.

Hebert knows firsthand the pain of cyberbullying. After months of relentless harassment, she attempted suicide. Thankfully, she survived and has since become a vocal advocate for victims of cyberbullying.

Hebert has spoken out about her experience at schools, conferences, and even before Congress. She has also worked with lawmakers to pass legislation to make cyberbullying a crime.

In 2013, Hebert founded the Cyberbullying Research Center, a nonprofit organization dedicated to providing resources and support to victims of cyberbullying. The center also conducts research on cyberbullying and works to educate the public about the issue.

Hebert's work has made a real difference in the lives of many people. She has helped to raise awareness about the issue of cyberbullying and has provided support and resources to victims. She is also a role model for young people who are struggling with online harassment.

Hebert's story is a reminder that we all have a role to play in preventing cyberbullying. We can start by being more mindful of our own online behavior. We should also speak out against cyberbullying when we see it and support victims who are struggling.

Together, we can make the internet a safer place for everyone.

## **How to Get Help If You're Being Cyberbullied**

If you are being cyberbullied, there are a few things you can do to get help:

- **Tell someone you trust.** This could be a parent, teacher, friend, or counselor.
- **Save evidence of the harassment.** This could include screenshots of messages or posts, or a record of calls or texts.
- **Report the harassment to the website or social media platform where it is happening.** Most platforms have policies against cyberbullying and will take action to remove the content or suspend the user who is harassing you.
- **Contact your local law enforcement agency.** Cyberbullying is a crime in many states, and you may be able to file a report with the police.

If you are in immediate danger, please call 911.

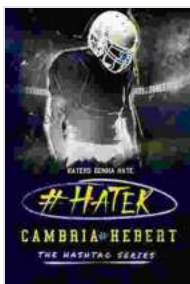
## **Resources for Victims of Cyberbullying**

The following organizations provide resources and support to victims of cyberbullying:

- Cyberbullying Research Center
- StopBullying.gov
- The Trevor Project

- The Jed Foundation
- Crisis Text Line

You are not alone. There are people who can help you.



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