

Cyberbullying

and its impact on students and families



What is it?



Mean, false, harmful information sent through text messages, social media or online apps

According to DoSomething.org, the percentage of kids who have been bullied on line is

43%



Types:

Flaming

Impersonation

Cyber Stalking

Outing

TROLLING

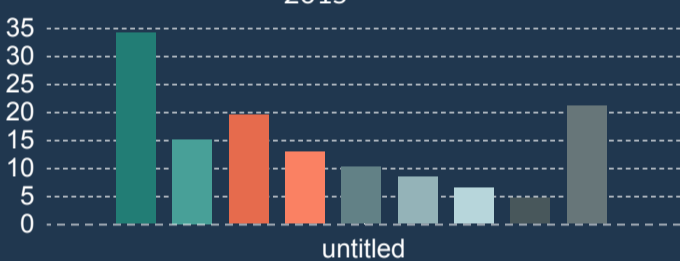
In one Survey:

Victims of Cyberbullying

Why?

Cyberbullying Victimization*

Sameer Hinduja, Justin W Patchin
2015



I was bullied online due to:

- my looks
- my race
- my religion
- my sexuality
- I'm autistic



Effects of Cyberbullying

Impact on social life

Low self esteem

Suicidal thoughts

Suicide attempts

Bully others

Self-harming behavior

What Can You Do to Stop or Prevent Cyberbullying?



Don't respond or retaliate! They are looking for you to react and you turn into a bully yourself!



Pause before you post! Don't ruin your reputation or give others information to use against you!



Talk to a trusted adult. Whether it's your parents, a teacher or school counselor. Let someone know so they can help you!



Use privacy controls. Only share your number and social media with trusted friends. If a bully gets your number, block them!



Be a friend. Reading or forwarding mean messages only enables the bully. Tell the bully to stop and post positive messages about the victim!



Save the evidence. Don't automatically erase the messages. They can be saved and used if the bullying continues or gets worse!



As parents, talk to your kids. Teach them about cyberbullying and engaging in it is never acceptable!



As parents, keep track. Learn what kids are doing and keep track of their online behavior!

Resources for kids and parents:

iSafe.org

ConnectSafely.org

Safekids.com

cyberwise.org

Cyberbullying.org

nobullying.com

