What Is Cyberbullying?

Bullying another person via cell phone, computer, and/or tablet.

Willfully using text messages, SMS, social media, forums, apps, and other digital mediums to hurt others.

50% of kids & teens have been bullied online

50% of kids & teens have engaged in cyberbullying

1 in 3 have experienced cyberthreats online

Only 1 in 10 teens tell their parents they’ve been cyberbullied

Source: Bullying Statistics.Org http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html
What Are the Signs Your Child Is Being Cyberbullied?

Don't want to go to school.

They're obsessed with social media and looking at their

Self-esteem is dropping. They seem hopeless.

Not sleeping well.

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Self-esteem is dropping. They seem hopeless.

Not sleeping well.

Grades are dropping.

How to Help Your Child Overcome Cyberbullying

It really starts with you, the parents. Take the time to ask the right questions, listen carefully without judgement and help them understand what's going on.

5 Steps You Can Take

1. Start the conversation
2. Listen carefully to their every word
3. Help them develop a plan
4. Get your child therapy, if needed
5. Report severe or dangerous situations

Cyberbullying Resources

https://www.connectsafely.org/tips-to-help-stop-cyberbullying/
https://www.stopbullying.gov/
http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html
https://www.pacerteensagainstbullying.org/advocacy-for-others/cyber-bullying/
https://teenhealthandwellness.com/static/hotlines