

# 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.*

## Shocking Stats Every Parent Should Know



50% of kids & teens have been bullied online



50% of kids & teens have engaged in cyberbullying



1 in 3 have experienced cyberthreats online

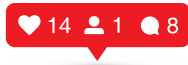


Only 1 in 10 teens tell their parents they've been cyberbullied

# 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.



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



### 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.pacerteensagainstabullying.org/advocacy-for-others/cyber-bullying/>

<https://teenhealthandwellness.com/static/hotlines>

