



## Cyberbullying Unplugged

Cyberbullying is the use of technology to tease, humiliate, threaten and/or harass someone. It can take place through text messaging or social media. Cyberbullies might send mean comments, post embarrassing photos, or share private information about someone to humiliate or mock them online. Even if your child isn't being cyberbullied, remind them that it is everyone's job to prevent bullying and encourage them to take a stand.

### Spot It *A child who is being cyberbullied may*



- ▶ Avoid using the Internet
- ▶ Seem stressed when getting an email, instant message, or text
- ▶ Withdraw from family and friends
- ▶ Resist attending school and social events
- ▶ Show signs of low self-esteem like depression or fear
- ▶ Have declining grades
- ▶ Stop eating or sleeping
- ▶ In serious cases, consider suicide

### Deal With It *If your child is being cyberbullied, teach them to*



- ▶ Not respond
- ▶ Save the evidence
- ▶ Report it to the website or app

#### *If your child is being cyberbullied, you should*

- ▶ Meet with school administrators to discuss a plan of action and their bullying/cyberbullying policy
- ▶ Talk about the situation with the bully's parent or guardian

### Stand Up To It *If your child sees someone being cyberbullied, tell them to*



- ▶ Not forward embarrassing photos or messages
- ▶ Not comment on insulting or harassing posts
- ▶ Report it to the website or app
- ▶ Tell a teacher at school if it involves a classmate
- ▶ Support the victim by being a good friend and showing the cyberbullies they won't join in