

WHAT IS CYBERBULLYING?

Cyberbullying is **bullying that happens online**—through texts, social media, games, or websites. It includes **mean, harmful, or false messages, photos, or videos** sent to hurt someone.

- It can happen 24/7
- Hurtful content spreads fast and can be hard to delete
- Negatively impacts mental health, school performance, and future opportunities

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Students aged 12-18 report being bullied at school, 21.6% by text or online interactions.

WHAT DO YOU KNOW ABOUT CYBERBULLYING?



CYBERBULLYING PREVENTION

Parents & Adults:

- Know What Online Platforms Your Child Uses
- Talk Regularly About Online Behavior
- Set Privacy and Safety Rules
- Monitor Usage if Needed

For Everyone

- Be Kind Online
- Think Before You Post or Share
- Don't Forward Mean or Hurtful Content

WARNING SIGNS:

- Hiding Screens or Avoiding Device Use
- Sudden Mood Changes or Withdrawal
- Avoiding Friends or Favorite Activities

WHAT TO DO IF IT HAPPENS

- 1) **NOTICE** – Look for signs something is wrong
- 2) **TALK** – Ask questions and listen
- 3) **DOCUMENT** – Save screenshots or messages
- 4) **REPORT** – Tell a teacher, parent, or police if needed
- 5) **SUPPORT** – Encourage kindness, involve a trusted adult

Information adapted from resources at www.stopbullying.gov/cyberbullying

EXAMPLES OF CYBERBULLYING:

COMMENTS



Posting Mean Comments or Rumors

THREATS



Sending Threats or Telling Someone to Hurt Themselves

DECEPTION



Pretending To Be Someone Else

PICTURES AND VIDEOS



Sharing embarrassing photos/videos

DOXXING



Sharing Private Info in Public Online Spaces

WEB PAGES



Creating Hurtful Webpages or Group Chats