

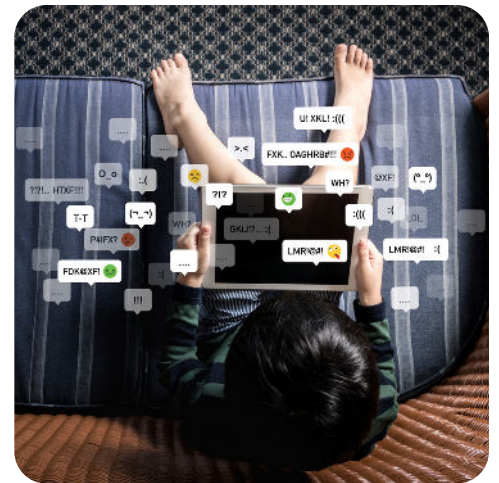
Cyberbullying

The use of digital devices (cell phones, gaming consoles, computers, or tablets) to send, post, or share threatening, mean, intentionally embarrassing, or false information to someone either privately or publicly online.

Cyberbullying can occur 24/7 in the privacy of your child's bedroom, is easily spread, can be permanent and very public, is frequently moved from one platform to another, and it can be hard to recognize or identify the bully due to platforms that allow a user to hide their name.

Most states have laws requiring schools to respond to cyberbullying and may also have criminal statutes that apply when cyberbullying and harassment intersect.

— Pew Research Center, 2022



Types of Cyberbullying and Online Slang



Harassment (*Flaming, Outing, Trolling*)
Repeatedly posting insulting and intimidating messages, chats, photos, and videos.

Rumor Spreading (*Spilling the Tea*)
Posting private or even false information online about an individual that consists of cruel rumors and gossip.

Impersonation (*Catfishing*)
Pretending to be someone you're not with the intent of hurting them.

Cyberstalking
A bully monitors a victim's online activity closely, often across platforms.

Exclusion
Posting group messages, photos, or events to intentionally hurt someone who was left out.

Children and young people under age 25 who were victims of cyberbullying are more than twice as likely to engage in self-harm and suicidal behaviors than their non-victim peers.

— Journal of Medical Internet Research, 2018

Scan to get
more resources
on cyberbullying.



Online Harms Prevention Action Kit
fairplayforkids.org



Protect Your Child

Use caution with devices, social media, and communication apps. Delay their use, when possible, especially by young children.

When children use these products, there are actions that can be taken to protect them including 1:1 conversations.

Have ongoing discussions that are intentional and frequent. Let your child know they can talk to you, and you will help them figure it out. **Check in often** with them and address mood swings or behavioral changes when they are using phones, tablets, or gaming systems.

It takes a village to protect your child. Talk to parents of your child's friends and/or your school community and agree on **community-wide screen-time limits**. Work with your school to **create a phone-free campus**.

Provide parental supervision and monitor your child's devices in partnership with your child.

Research the apps they have on the app store and block downloads of new apps.

Create and enforce boundaries with your child, like a **"technology contract"** before they get their first device. Set the expectation that all devices stay out of the bedroom overnight. Use an **internet filter** to allow only appropriate content, and **limit screen time and the number of platforms** they use. Be a role model and have regular times you're fully present with family without your phone.

Start a Conversation

What was the funniest thing you saw online today?
What was the worst thing?

Have you witnessed cyberbullying with friends or classmates?

What are some ways you can report cyberbullying or tell a safe adult?

What is our responsibility to help someone who is being cyberbullied?

What is the difference between snitching and helping someone in need?

Take Action if your child is cyberbullied

- Stay calm and do not dismiss it as "drama." Let your child know this is very common and you will help them get through this situation. Ask questions about how it started, who is involved, and how long it has been going on.
- Take screenshots of the cyberbullying or use a second phone to take pictures. Do not delete anything.
- Block bullying messages and report to the platform, and keep documentation of the communications.
- Report cyberbullying to your school, and work peaceably with your school administration to end the abuse.
- Report to law enforcement if you feel a crime has been committed.
- Seek advice from your pediatrician or children's mental health facility if your child is not coping well.

Online Harms Prevention Action Kit
fairplayforkids.org

