

CYBERBULLYING: What Adults Need to Know

Cyberbullying is bullying - unwanted, repeated, aggressive, negative behavior - that takes place over digital devices like cell phones, tablets, and computers. Cyberbullying can happen over email, through texting, on social media, while gaming, on instant messaging, and through photo sharing.

Some cyberbullying tactics include:

- Posting hurtful or mean comments, photos, or videos, including creating a mean or hurtful web page
- Threatening to hurt someone, or saying they should hurt themselves
- Pretending to be someone else online to shield the person's identity or to impersonate someone
- Sharing someone's personal information or photos without their permission

TALK WITH YOUTH ABOUT CYBERBULLYING

- Have a conversation about safe and respectful behavior at an early age, and continue the conversation as they mature
- With their input, agree on an online contract with clear expectations and consequences
- Remind youth to think before they post and consider the impact of their words
- Tell them not to share passwords or reveal private information

BE THERE FOR YOUTH WHO ARE CYBERBULLIED

- Be supportive, and assure them that they do not deserve to be treated that way
- Document the situation, and keep a detailed record of evidence
- Work together to develop a plan that helps resolve the bullying, doesn't remove access to technology, and promotes safety
- Encourage them to keep talking to an adult if they experience anything unsafe or hurtful

WHEN A YOUTH

WITNESSES CYBERBULLYING:

Let them know their actions can help others. Encourage them to:

- Reach out to anyone being bullied with a message of support
- Help the person being bullied to talk with an adult about the situation and get help

ENGAGES IN CYBERBULLYING:

Remember, bullying is a behavior, and behavior can change. Make your expectations clear:

- Encourage them to understand how their actions hurt someone
- Promote empathy and respect for others
- Provide clear consequences for bullying behavior, considering ages and situations