

CYBERBULLYING

Tips for Teachers



Cyberbullying is a form of bullying that takes place over digital devices –through text messaging, social media, apps, forums, or any server where people can view, participate in, or share content.

An Issue Teachers Can't Ignore...

Although cyberbullying commonly occurs at home, the effects can often be seen at school and can be disruptive to the school's climate and culture.

Kids Need to Think About the Content They Share and Post

1 OUT OF EVERY 5

students admitted to cyberbullying

1 OUT OF 4 KIDS

have experienced cyberbullying

42%

OF KIDS HAVE BEEN CYBER-BULLIED

MORE THAN ONCE

58% **OF KIDS HAVE NOT TOLD THEIR PARENTS** about a cyberbullying incident

Source: Scholastic.com/Teachers

When do "Jokes" Cross the Line?

"Jokes" cross the line when someone repeatedly harasses or unfairly treats another with the purpose of causing harm, humiliation or embarrassment.

Warning Signs

- Noticeable, rapid increases or decreases in device use
- Emotional responses (laughter, anger, upset) to what is happening on their device
- Hiding the screen when others are around
- Loss of interest in social situations, people, and activities
- Becoming withdrawn or depressed
- Sudden drop in grades

Take Action

Remember that you can encourage a culture of online responsibility by urging bystanders to speak up and refuse to pass along cyberbullying messages.

The right interventions to cyberbullying can lessen negative outcomes and mitigate long-term mental health effects.