

UNDERSTANDING CYBERBULLYING

A Brief Guide for Parents and Guardians



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.

Common Places



Forms of Cyberbullying

- Posting or sending messages that cause humiliation and embarrassment
- Circulating nude or explicit photos or videos of others
- Encouraging self-harm or suicide
- Verbally abusing others during video gaming sessions
- Posting discriminatory or hateful comments individually or as a group
- Doxing: making personal information or private data/documents public

Signs of Cyberbullying

- Negative reactions when using digital devices
- Hiding the screen when others are present
- Decrease use of digital platforms or devices
- Becoming withdrawn or depressed
- Loss of interest in social situations, people, and activities
- Sudden drop in grades



If Your Child is a Victim

- Be a good listener and talk openly about the problem
- Review safety and privacy settings on digital platforms
- Block the cyberbully and report it to the digital platform
- Collect evidence (i.e. frequency, screenshots)
- Speak with school administration or law enforcement if necessary



Parental Awareness

- Stay up to date on the latest digital platforms and slang
- Manage privacy settings and parental controls
- Know usernames and passwords
- Establish rules and expectations about appropriate online behavior
- Discuss digital reputation and the importance of kindness