

Cyberbullying:

Information for Parents and Guardians of
High School Students



Define: Cyberbullying

Cyberbullying

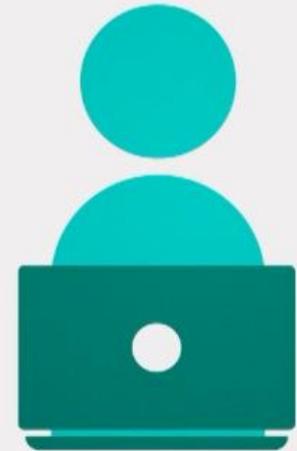
\ 'sī-bər-, bu-lē-in, - 'bə-\ *noun*

The use of digital media tools, such as the Internet and cell phones, to deliberately and repeatedly hurt, harass, or embarrass someone else.

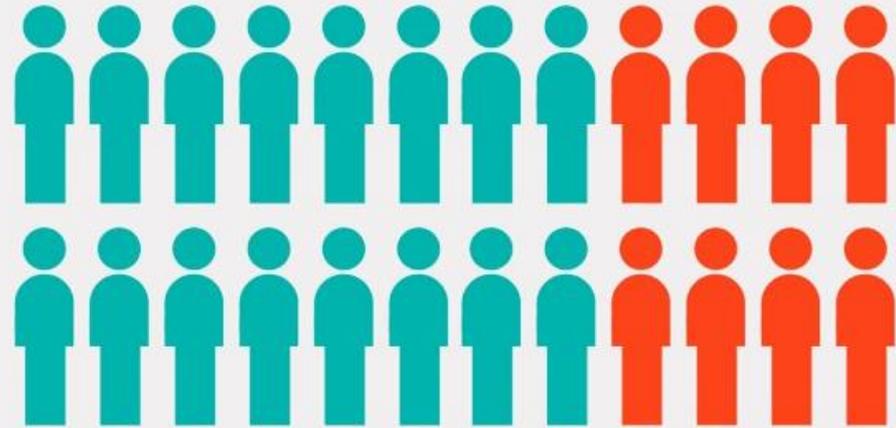


Cyberbullying in High School

- “Digital cruelty,” “digital abuse,” or “causing drama” online
- Examples of **cyberbullying behavior**:
 - Publicly sharing messages or images meant to be private – sometimes “sexting”
 - Repeatedly sending hurtful, harassing, or threatening messages
 - Spreading rumors, lies, or embarrassing stories
 - Posting cruel comments on the Internet
 - Setting up fake social networking pages to make fun of targets
- **Social pressure** often motivates behavior
- Cyberbullies aren’t always the kids we’d expect
- More **public**, **permanent**, and **inescapable** than traditional school yard bullying
- Targets commonly experience **sadness, social anxiety, or acting out**
- **Crosses-over** between school and home



A
THIRD
of 10-18 year olds
say they've been
CYBERBULLIED



Together, we can:

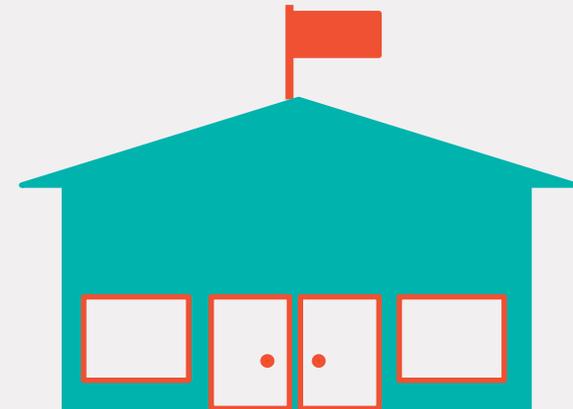
Prevent kids
from adopting
bullying
behavior

Support kids
who are
targeted

Inspire the other
2/3 of kids stop
bullying when
they see it

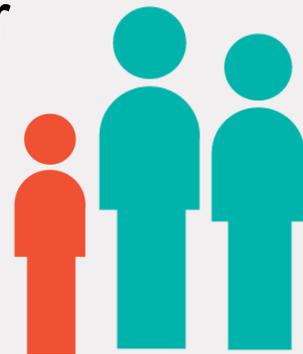
What our school is doing:

- Setting clear, realistic, and enforced policies
- Teaching **digital citizenship** in our classrooms
- Giving students a trusted “go-to” adult
- Encouraging students to **stand up, not stand by**



What parents and guardians can do:

- **Keep** an eye on online socializing
- **Encourage** empathy
- **Teach** about their digital footprints
- **Keep** passwords *private*
- **Encourage communication** with a friend or trusted adult
- **Establish consequences** for bullying behavior
- **Be prepared** to deal with cyberbullying



Dealing with Cyberbullying Incidents

Target

- Offer support
- Provide solutions to help
- Stand up for them
- Prevent future incidents

Bully

- Acknowledge the problem
- Understand their feelings
- Enact consequences
- Get help if needed

Bystander

- Thank them for sharing
- Encourage action
- Keep communication open

Upstander

- Commend their good choices
- Encourage community

Starting the conversation

- Discuss what it means to be a **good friend**
- **Engage** in a general discussion about the topic
- Encourage the “**stand up, not stand by**” policy
- Emphasize that **your door is always open**

“ ”

For more information and advice

Visit



www.commonsense.org/cyberbullying

Questions?