

Define: Cyberbullying

Cyberbullying

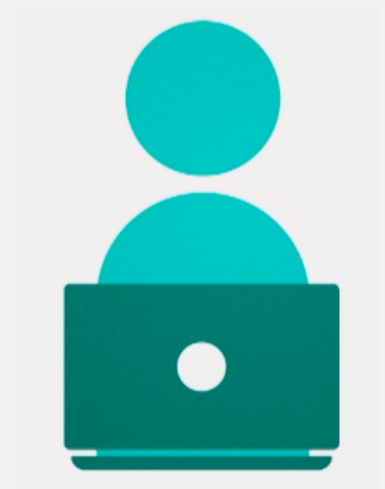
\ ' sī-bər- , bu □ -lē-in, - ' bə-\ *noun*

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 Elementary School

- “Being mean online”
- Name-calling or hurtful comments in emails, games, or messages
- Using another child’s passwords to:
 - Deface games or cheat in worlds like Club Penguin
 - Get the other child in trouble with friends or parents
 - Send fake emails or instant messages
- Bridges school and home
- Kids don’t always connect actions to outcomes
- Cyberbullies aren’t always kids we’d expect
- Targets commonly experience sadness, social anxiety, or acting out
- Most common in middle school, but increasingly common with kids under 12



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

CYBERBULLIED



Together, we can:

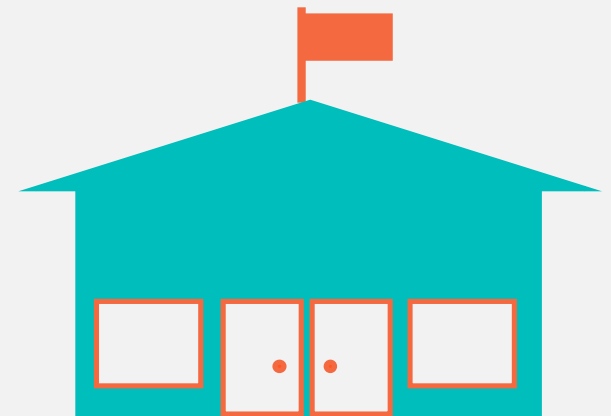
Prevent kids
from adopting
bullying
behavior

Support kids
who are
targeted

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

What schools can do:

- 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:

- Know what kids are doing online
- Limit online socializing for now
- Teach the basics of good behavior online
- Keep passwords private
- Encourage them to talk to a trusted adult
- Establish consequences for bullying behavior
- Be prepared to deal with cyberbullying



Dealing with Cyberbullying Incidents

Target

- Offer support
- Help them stop it
- Stand up for them
- Prevent future incidents

Bully

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

Bystander

- Thank them for sharing
- Encourage action
- Keep the lines open

Upstander

- Commend their good choices
- Encourage community

Starting the conversation

- Talk about what it means to be a good friend
- Talk about online vs. offline talk
- Practice writing good emails, texts, or messages
- Ask if they've seen kids being mean online
- Encouraging children to “stand up, not stand by”
- Tell them the door is always open

“ ”

For more information and advice

Visit



www.commonsense.org/cyberbullying