



WHAT IS CYBERBULLYING?

Cyberbullying is the act of **repeatedly sending harmful or embarrassing material to a victim – or posting it for others to see** – using cell phones, videos, or the Internet. It can happen anywhere and anytime.



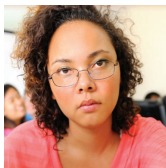
WHO IS A CYBERBULLY?

Preteens & Teenagers. Girls & Boys.

Studies show:

19-41% of kids reported being victims of cyberbullying.¹

12-20% admitted to being a cyberbully.¹



HOW DOES IT AFFECT THE VICTIM?

- Victims often stop attending school
- Victims withdraw from friends and social activities
- Victims may harm themselves



CONSEQUENCES FOR THE CYBERBULLY?

Disciplinary

School consequences often include suspension or expulsion. Contact your school for more information.



Legal

Cyberbullies can be prosecuted for harassment or stalking.



HOW CAN YOU PREVENT CYBERBULLYING?

Parental Engagement

- Remind your child that Internet and cell phone use are privileges, not rights.
- Set clear boundaries for cell phone and Internet use.
- Be specific about acceptable communication.
- Don't give up your right to monitor your child's online activities.
- Help your child find appropriate ways to vent frustrations.

Parental Education

- Get involved with your child's school.
- Attend PTA/PTO meetings and Parent/Teacher Conferences to stay abreast of your child's in-school activities.
- Contact your child's doctor for more information on Internet and digital safety or go online for more resources:

NetSmartz Workshop
Center for Safe & Responsible Internet Use
Cyberbully Research Center

<http://www.netsmartz.org>
<http://cyberbully.org>
<http://www.cyberbullying.us>

¹ "Summary of Our Cyberbullying Research from 2004 to 2010." *Cyberbullying Research Center*, <http://www.cyberbullying.us/research.php>