

## What is Cyberbullying?

[www.stopbullying.gov](http://www.stopbullying.gov)

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

### Why Cyberbullying is Different

Kids who are being cyberbullied are often bullied in person as well. Additionally, kids who are cyberbullied have a harder time getting away from the behavior. This kind of harassment can happen 24 hours a day, 7 days a week, and reach a kid even when he or she is alone. It can happen any time of the day or night. Cyberbullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source. Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.

Generally, children who are bullied have one or more of the following risk factors:

- Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider “cool”
- Are perceived as weak or unable to defend themselves
- Are depressed, anxious, or have low self-esteem
- Are less popular, more socially isolated than others and have few friends
- Do not get along well with others, seen as annoying or provoking, or antagonize others for attention

However, even if a child has these risk factors, it doesn't mean that they will be bullied.

### Effects of Cyberbullying

Cell phones and computers themselves are not to blame for cyberbullying. Social media sites can be used for positive activities, like connecting kids with friends and family, helping students with school, and for entertainment. But these tools can also be used to hurt other people. Whether done in-person or through technology, the effects of bullying are similar.

Kids who are cyberbullied are more likely to:

- Use alcohol and drugs
- Receive poor grades
- Skip school
- Have lower self-esteem
- Experience in-person bullying
- Have more health problems
- Be unwilling to attend school

### Frequency of Cyberbullying

The 2013-2014 School Crime Supplement (National Center for Education Statistics and Bureau of Justice Statistics) indicates that 7% of students in grades 6–12 experienced cyberbullying.

The 2015 Youth Risk Behavior Surveillance System (Centers for Disease Control and Prevention) also indicates that an estimated 16% of high school students were bullied electronically in the 12 months prior to the survey.

### Prevent Cyberbullying

Talk with your kids about cyberbullying and other online issues regularly.

- Know the sites your kids visit and their online activities. Ask where they're going, what they're doing, and who they're doing it with.
- Tell your kids that as a responsible parent you may review their online communications if you think there is reason for concern. Installing parental control filtering software or monitoring programs are one option for monitoring your child's online behavior, but do not rely solely on these tools.
- Have a sense of what they do online and in texts. Learn about the sites they like. Try out the devices they use.
- Ask for their passwords, but tell them you'll only use them in case of emergency.
- Ask to “friend” or “follow” your kids on social media sites or ask another trusted adult to do so.
- Encourage your kids to tell you immediately if they, or someone they know, are being cyberbullied. Explain that you will not take away their computers or cell phones if they confide in you about a problem they are having.

### Establish Rules about Technology Use

Establish rules about appropriate use of computers, cell phones, and other technology. For example, be clear about what sites they can visit and what they are permitted to do when they're online. Show them how to be safe online.

Help them be smart about what they post or say. Tell them not to share anything that could hurt or embarrass themselves or others. Once something is posted, it is out of their control whether someone else will forward it.

Encourage kids to think about who they want to see the information and pictures they post online. Should complete strangers see it? Real friends only? Friends of friends? Think about how people who aren't friends could use it.

Tell kids to keep their passwords safe and not share them with friends. Sharing passwords can compromise their control over their online identities and activities.

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## Cyberbullying, Continued

### Understand School Rules

Some schools have developed policies on uses of technology that may affect the child's online behavior in and out of the classroom. Ask the school if they have developed a policy.

### Steps to Take Immediately

When cyberbullying happens, it is important to document and report the behavior so it can be addressed:

- Don't respond to and don't forward cyberbullying messages.
- Keep evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text

messages. Use this evidence to report cyberbullying to web and cell phone service providers.

- Block the person who is cyberbullying.

### Report Cyberbullying to Online Service Providers

Cyberbullying often violates the terms of service established by social media sites and internet service providers. Review their terms and conditions or rights and responsibilities sections. These describe content that is or is not appropriate. You can also visit social media safety centers to learn how to block users and change settings to control who can contact you. Don't forget to report the cyberbullying to the social media site so they can take action against users abusing the terms of service.

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# ERS Press

A Publication of  
Employee Resource Systems, Inc.  
An Employee Assistance Program

29 East Madison Street, Suite 1600  
Chicago, Illinois 60602



Feeling anxious or worried?  
Call the Employee/Member  
Assistance Program (EAP/MAP)  
for free and confidential support  
and resources.  
1-800-292-2780

### Report Cyberbullying to Law Enforcement

When cyberbullying involves these activities it is considered a crime and should be reported to law enforcement:

- Threats of violence
- Child pornography or sending sexually explicit messages or photos
- Taking a photo or video of someone in a place where he or she would expect privacy
- Stalking and hate crimes

Some states consider other forms of cyberbullying criminal. Consult your state's laws and law enforcement for additional guidance.

### Report Cyberbullying to Schools

Cyberbullying can create a disruptive environment at school and is often related to in-person bullying. The school can use the information to help inform prevention and response strategies. In many states, schools are required to address cyberbullying in their anti-bullying policy. Some state laws also cover off-campus behavior that creates a hostile school environment.

If you or a family member would like additional information or support about this topic, please call your Employee Assistance Program at (800) 292-2780. This is a free and confidential service for employees and their family members of our client companies.

This information was excerpted from the Stop Bullying website which can be located at the following URL: <https://www.stopbullying.gov/cyberbullying/what-is-it/index.html>

**For free and confidential support and resources call the Employee/Member/Student/Family Assistance Program (800) 292-2780 [www.ers-eap.com](http://www.ers-eap.com)**