HOW OTHERS CAN HELP

Parents, educators, and mentors can support teens who are dealing with cyberbullying:

1. **Create open communication:** Encourage teens to talk about their online experiences.
2. **Educate about digital citizenship:** Teach responsible online behavior and empathy.
3. **Monitor online activity:** Be aware of your teens' digital presence while respecting their privacy.
4. **Establish clear rules:** Set guidelines for appropriate online behavior and consequences for breaking it.
5. **Encourage reporting:** Make it clear that speaking up about cyberbullying is brave, not tattling.
6. **Provide emotional support:** Listen without judgment and validate your teen's feelings.
7. **Document the bullying:** Help collect evidence if cyberbullying occurs.
8. **Work with schools:** Collaborate with educators to address cyberbullying incidents.
9. **Seek professional help:** Connect your teen with counseling services, if needed.
10. **Advocate for anti-bullying policies:** Support comprehensive cyberbullying prevention programs.
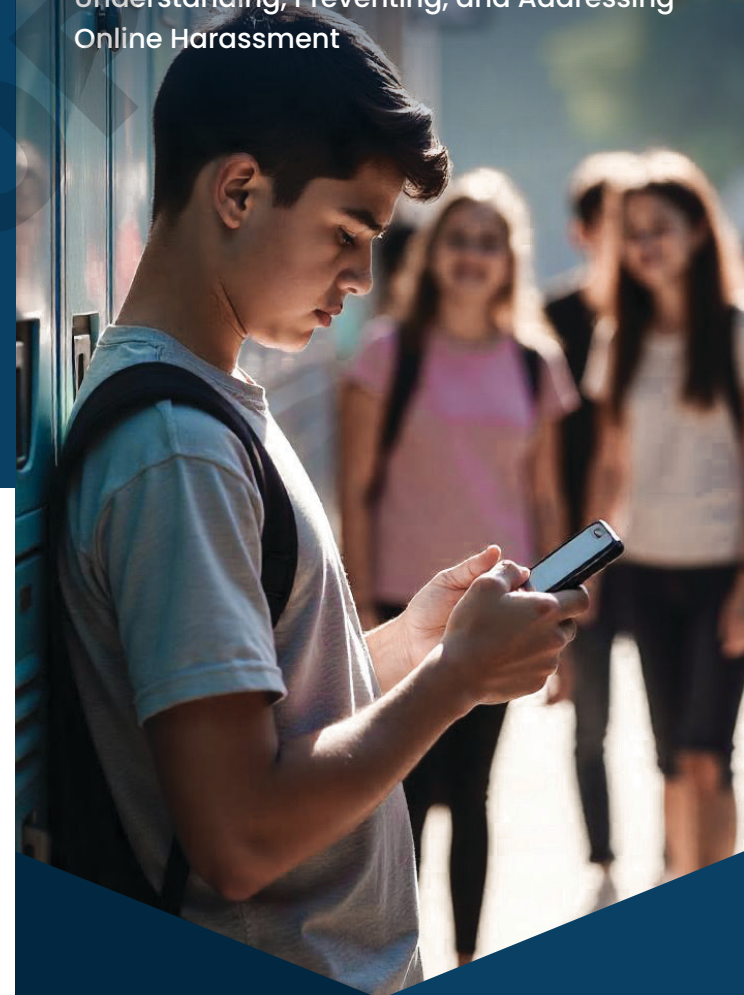

46% of U.S. teens ages 13 to 17 report that they have experienced cyberbullying.

Cyberbullying: Not cool, just cruel.

BE THEIR FIREWALL AGAINST DIGITAL ABUSE.

TEENS AND CYBERBULLYING:

Understanding, Preventing, and Addressing Online Harassment

The Problem: Cyberbullying Among Teens

- Unlike traditional bullying, cyberbullying can occur 24/7, follow victims into their homes, and quickly reach a wide audience.
- Being online often emboldens bullies to say and do things that they would not in person.

- Cyberbullying can take various forms:
  - ◊ Spreading rumors
  - ◊ Sharing embarrassing photos or videos
  - ◊ Excluding someone from online groups.
- The persistent and public nature of online harassment can lead to severe emotional distress, anxiety, depression, and in extreme cases, self-harm or suicide among victims.
- The digital footprint left by cyberbullying incidents can have long-lasting impacts on both the victim and the bully's personal and professional lives.

What Are the Signs?

Recognizing the signs of cyberbullying in your teen is crucial for early intervention. Parents should be aware of the following symptoms:

- Being emotionally upset during or after using the Internet or their phone
- Being very secretive or protective of their digital life
- Avoiding school or group gatherings
- Slipping academically and "acting out" in anger at home
- Suddenly wanting to stop using the computer or device
- Being nervous or jumpy when getting a message, text, or email
- Avoiding discussions about computer or phone activities