



Cyberbullying

Take our Survey!



Did you Know?



In 2023, the most common type of cyberbullying reported by U.S. teens was having mean or hurtful comments posted about them online, with 77.5% of victims experiencing this form of harassment.



A 2020 study led by The National Center for Education Statistics found that 33% of U.S. middle schools and 26% of U.S. high schools reported cyberbullying occurring at least once a week.



Cyberbullying victims are three times more likely to attempt suicide compared to those who have not been victims of cyberbullying

What Can Parents and Guardians Do?



- Monitor your child's social media sites, apps, and browsing history if you have concerns that cyberbullying may be occurring
- Review or reset your child's phone location and privacy settings.
- Follow or friend your child on social media sites or have another trusted adult do so.
- Stay up to date on the latest apps, social media platforms, and digital slang used by children and teens.
- Establish rules about appropriate behavior, content, and app use.
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Where Does Cyberbullying Occur?

As the digital world continues to evolve with new social media platforms, apps, and devices, children and teens are the first to use them. Some of the most common places that cyberbullying often occurs include:

- Social media, such as Facebook, Instagram, Snapchat, and TikTok
- Text messaging, instant messaging, and direct messaging through mobile and tablet apps
- Online forums, chat rooms, and message boards such as Reddit and Discord
- Email
- Online gaming communities

Refer to the NW3C website to access more resources





Notes

What did I learn today?

Today we learned more about the differences between cyberbullying, cyberharrasment, and cyberstalking. We also learned different ways to identify deepfakes. Finally, we discussed what to do if we or someone we know is being cyberbullied.

References

- Bright Path. (2024, October 28). "Teenage cyberbullying statistics 2024." Bright Path Behavioral Health. <https://www.brightpathbh.com/teenage-cyberbullying-statistics/>
- Institute of Education Sciences. (2022, July). "Crime, violence, discipline, and safety in U.S. public schools in 2019-2020: Findings from the School Survey on Crime and Safety. First look—Summary report." The National Center for Education Statistics. <https://nces.ed.gov/pubs2022//2022029Summary.pdf>
- Stopbullying.gov. (2021). "How to prevent cyberbullying: A guide for parents, caregivers, and youth." <https://www.stopbullying.gov/sites/default/files/documents/Cyberbullying%20Guide%20Final%20508.pdf>

Next Time: : Community Education Event

The Cyber Safe Schools presentation will be for parents, caregivers, and other guardians, as well as students. We'll discuss what students have learned throughout the year and how adults in the community can help keep students safe.