

CYBERBULLYING

What is Cyberbullying?

Cyberbullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating, humiliating, threatening nature or otherwise targeting another over digital devices like cell phones, computers, and tablets.

Cyberbullying can be very emotionally damaging. Victims of cyberbullying may experience depression, isolation, poor academic performance, and even suicidal ideation. Furthermore, unlike traditional bullying, which children can typically escape once they return home from school, cyberbullying is present wherever youth have a mobile device or an internet connection. In some cases, the cyberbully may be anonymous, while in other instances the victim and bully may be acquaintances or former friends.

Examples of Cyber Bullying

- Sending someone mean or threatening emails, instant messages, text messages or other apps.
- Breaking into someone's email or instant message account to send cruel or untrue messages while posing as that person.
- Creating websites to make fun of others such as a classmate, teacher or staff.
- Tricking someone into revealing personal or embarrassing information and sending it to others.
- Using websites, social media, or any other online forum to judge peers appearance as prettiest, ugliest, fattiest, etc.

Parents

- Talk to your child about bullying.
- Ask your child questions.
- If you believe your child is the victim of bullying, please report it to a campus principal as soon as possible.

Some warning signs of bullying are when your child

- Appears afraid of going back to school;
- Appears sad, anxious or moody when talking about school;
- Complains of headaches, stomach aches;
- Does not want to go to school;
- Dislikes or has lost interest in school work;
- Has few, if any, friends;
- Has unexplained cuts, bruises and/or scratches;
- Has trouble sleeping and/or has frequent nightmares.
- Returns from school with torn, damaged or missing articles of clothing, books or belongings.