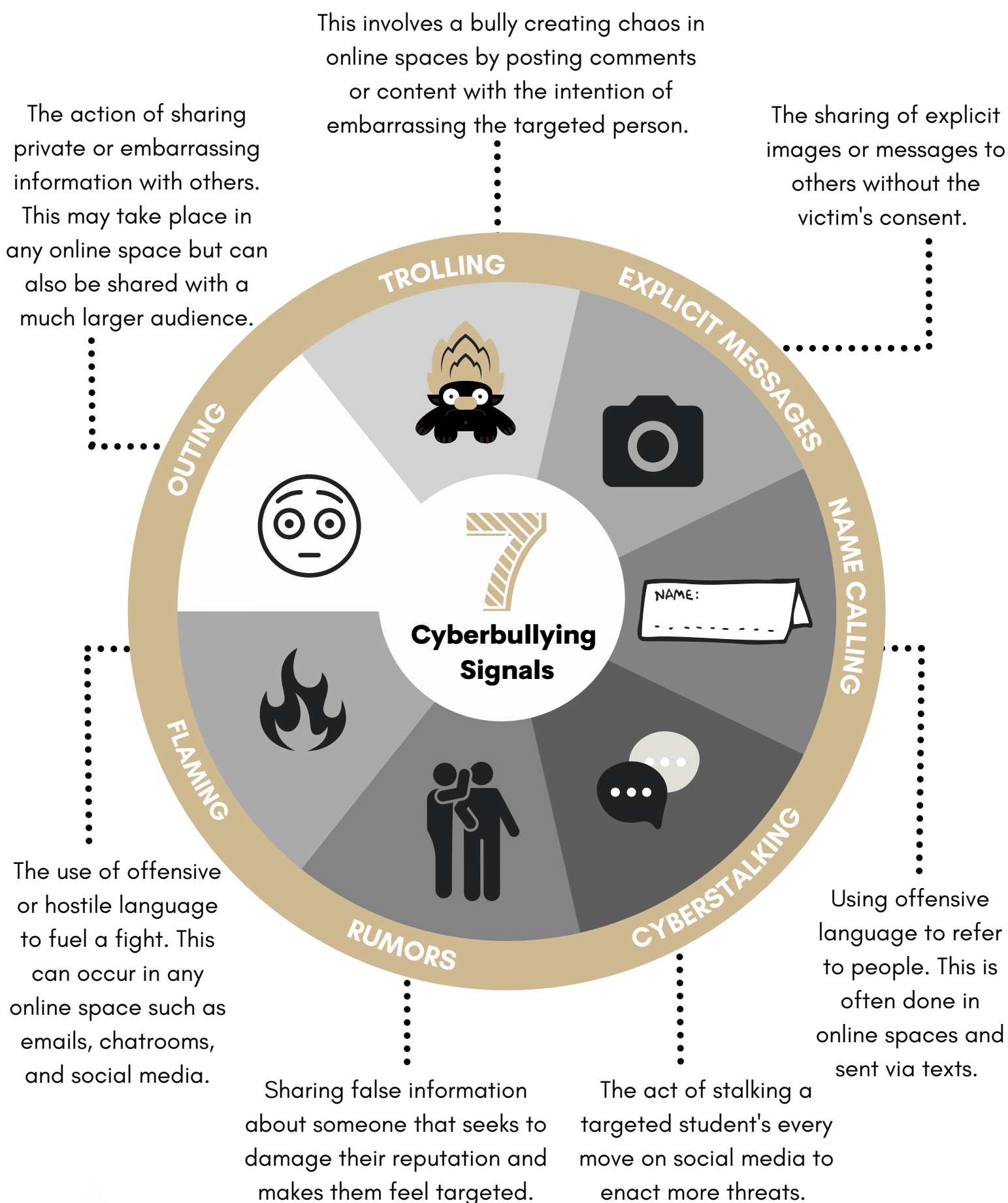


# Cyberbullying

## Identifying Cyberbullying and Reaching Students

### How can I identify cyberbullying?

**Cyberbullying** involves any **digital** and **electronic harassment** that is overt, unwanted, and repeated acts or gestures. Cyberbullies are offenders that identify an individual or group with the intention to harass, ridicule, humiliate, intimidate, or cause harm. These egregious acts can be **detrimental** to the targeted person's health, including their mental, physical, emotional, and academic wellbeing.



### How can I be an educator that advocates?



- Communicate:** Communicate your school's cyberbullying policies and internal reporting system to students and families
- 1-on-1:** Make space for instructor-student chats to share their academic and non-academic concerns (ex. check-in meetings)
- Slang:** Become familiar with slangs that students use to cover up bullying and cyberbullying (ex. social media and conversations)
- Observe:** Be mindful of changes in students' behaviors (ex. feeling withdrawn, turning off their webcam, absences, and changes in friendships)
- Education/Training:** Engage in cyberbullying training for additional resources and strategies (ex. Indiana Department of Education)

#### References:

- Cunic, A. (2021, January 03). *The psychology of cyberbullying*. <https://www.verywellmind.com/the-psychology-of-cyberbullying-5086615>
- Stop Bullying (n.d.). *Indiana anti-bullying laws and policies*. <https://www.stopbullying.gov/resources/laws/indiana>