CYBERBULLYING

Prevention Tips for Parents

> "Cyberbullying is **willful and repeated harm** inflicted through the use of computers, cell phones, and other electronic devices".

INDICATORS

Your child may be experiencing cyberbullying if he/she:

- Appears **depressed**, especially when using devices
- **Loses** interest in things that once were enjoyable
- **Avoids discussions** about their online activities
- Changes in **sleeping habits**
- Seems **addicted** to their **devices**
- **Changes in appetite**, such as binge eating or doing crash diets

36.5% middle and high school students have said to have been cyberbullied

70% of cyberbullying cases increased during the stay-at-home orders during the COVID-19 pandemic

ACTION STEPS

- Educate your child on **appropriate** online behavior
- Maintain an **open** and **sincere** conversation about cyberbullying
- **Listen** to your child and respond thoughtfully
- Guide your child to use **passwords** in all online accounts and not to share with anyone
- Caution your child to save the **evidence** and not to retaliate
- With the child's consent, **communicate** with the school officials about the cyberbullying
- Valuing your child's opinion on how to **improve** the situation

Reflection to Application

- Have I kept an **open** and **sincere** conversation with my child **regularly** about cyberbullying?
- Have I noticed any **abnormal behavior** of my child recently?
- Does my child know what plans to take if they **witness** cyberbullying?
- Will my child approach me if they **witness** cyberbullying?

References:

- Cyberbullying Research Center. (n. d.). *Cyberbullying warning signs*. https://cyberbullying.org/cyberbullying-warning-signs
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- Hinduja, S. & Patchin, J. (2021). Cyberbullying fact sheet: Identification, prevention, and response. Cyberbullying Research Center. https://cyberbullying.org/Cyberbullying-Identification-Prevention-Response-2021.pdf

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Project TIME — Teaching Innovations in Multimodal Education, a GEER grant initiative of Learning Design & Technology

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