



STOP BULLYING

The Signs of Cyberbullying: What Parents Need to Know



Chances are you encountered a bully or two while growing up. But **cyberbullying**, which involves name-calling, harassing or threatening another online or while using electronic devices, has created a new class of bullies.

Cyberbullying can even include requests for your child to provide a sexual image or video.

Do you know the warning signs that your child is a victim of cyberbullying? Do you know how to tell if your child is engaged in cyberbullying? The Cyberbullying Research Center has a list of possible warning signs.

Your child may be experiencing cyberbullying if he or she:

- ☞ **Appears edgy** or nervous while online, using their cell phone or other digital devices
- ☞ **Becomes mad, sad or frustrated** after being online
- ☞ **Seems uneasy** about going to school, or anywhere in general
- ☞ **Avoids friends** and becomes withdrawn
- ☞ **Refuses to discuss** online activities
- ☞ **Talks about suicide** or loses interest in favorite activities

Your child may be a cyberbully if she or he:

- ☞ **Hides their devices** or switches screens as you approach
- ☞ **Is online** or using an electronic device late at night
- ☞ **Refuses to discuss** online activity
- ☞ **Has a sudden behavioral issue** at school
- ☞ **Uses many online accounts** or one that is not in their name
- ☞ **Becomes increasingly mean** toward other peers

Learn the signs of CYBERBULLYING and let your child know that together you can prevent, address and stop this type of cruelty.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)
800-Children (800-244-5373) Parent Helpline