Cyberbullying is a form of bullying that takes place over digital devices – through text messaging, social media, apps, forums, or any server where people can view, participate in, or share content.

**An Issue Teachers Can't Ignore...**

Although cyberbullying commonly occurs at home, the effects can often be seen at school and can be disruptive to the school's climate and culture.

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**Warning Signs**

- Noticeable, rapid increases or decreases in device use
- Emotional responses (laughter, anger, upset) to what is happening on their device
- Hiding the screen when others are around
- Loss of interest in social situations, people, and activities
- Becoming withdrawn or depressed
- Sudden drop in grades

**Take Action**

Remember that you can encourage a culture of online responsibility by urging bystanders to speak up and refuse to pass along cyberbullying messages.

The right interventions to cyberbullying can lessen negative outcomes and mitigate long-term mental health effects.

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**Kids Need to Think About the Content They Share and Post**

<table>
<thead>
<tr>
<th>1 Out of 5 students admitted to cyberbullying</th>
<th>1 Out of 4 kids have experienced cyberbullying</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>42%</strong> of kids have been cyber-bullied</td>
<td><strong>MORE THAN ONCE</strong></td>
</tr>
<tr>
<td><strong>58%</strong> of kids have not told their parents about a cyberbullying incident</td>
<td></td>
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</tbody>
</table>

Source: Scholastic.com/Teachers

**When do "Jokes" Cross the Line?**

"Jokes" cross the line when someone repeatedly harasses or unfairly treats another with the purpose of causing harm, humiliation or embarrassment.