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.

**Forms of Cyberbullying**
- Posting or sending messages that cause humiliation and embarrassment
- Circulating nude or explicit photos or videos of others
- Encouraging self-harm or suicide
- Verbally abusing others during video gaming sessions
- Posting discriminatory or hateful comments individually or as a group
- Doxing: making personal information or private data/documents public

**Signs of Cyberbullying**
- Negative reactions when using digital devices
- Hiding the screen when others are present
- Decrease use of digital platforms or devices
- Becoming withdrawn or depressed
- Loss of interest in social situations, people, and activities
- Sudden drop in grades

**If Your Child is a Victim**
- Be a good listener and talk openly about the problem
- Review safety and privacy settings on digital platforms
- Block the cyberbully and report it to the digital platform
- Collect evidence (i.e., frequency, screenshots)
- Speak with school administration or law enforcement if necessary

**Parental Awareness**
- Stay up to date on the latest digital platforms and slang
- Manage privacy settings and parental controls
- Know usernames and passwords
- Establish rules and expectations about appropriate online behavior
- Discuss digital reputation and the importance of kindness

Sources: Family Online Safety Institute & StopBullying.gov