Cyberbullying

Cyberbullying is any behavior that is done to intentionally harm someone using electronic technology. Bulliers use their social or emotional power to cause pain, threaten, and humiliate their targets via text messages, social media sites, email, and instant messaging. Cyberbullying may be repeated over time or it may consist of a single derogatory message or photo that is spread from person to person and website to website.

Cyberbullying is different than other types of bullying because it does not stop when the school day ends; it follows targets wherever they have access to cell phones and computers. Because cyberbullying is often anonymous, it is very difficult to trace its origin. In addition, it is nearly impossible to delete a photo or message once it is posted online or shared through text messages.

IS YOUR CHILD A TARGET OF CYBERBULLYING? HERE ARE SOME COMMON WARNING SIGNS:

- Spending much more time online
- Hiding media use
- Closing internet browser windows when someone walks into the room
- Becoming unreasonably upset when internet or cell phone service is unavailable
- Not wanting to attend school
- Feeling sick or faking an illness
- Trouble sleeping
- Change in eating habits
- Change in academic performance

TAKE THESE STEPS TO REPORT CYBERBULLYING:

- Do not respond to or forward cyberbullying messages and photos.
- Block or unfriend the person/people who are cyberbullying.
- Keep a detailed record of the cyberbullying, including dates and times. Take screenshots if possible.
- Report the cyberbullying to social media sites. Most sites have a formal reporting system.
- Contact law enforcement if the cyberbullying includes threats of violence or stalking, sexually explicit photos or messages, child pornography, or photos or videos recorded without the target's knowledge.
- Report the cyberbullying to your child's school. The results of cyberbullying often affect the school environment.

If you or someone you know is being bullied, please contact the 24 hour Parent & Youth Resource Hotline at **1-800-CHILDREN.** You may also send a text or email to **1800children@kcsl.org.**

For more online tip cards, visit kcsl.org under the "Resources" tab.

Parenting questions? Call the Parent Helpline.
1-800-CHILDREN or email/text 1800children@kcsl.org

Kansas Children's Service League

Kansas state department of Education

Kansas Safe & Supportive Schools

Kansas Children's Cabinet and Trust Fund

Prevent Child Abuse Kansas
A chapter of Prevent Child Abuse America

Kansas Department for Children and Families
Strong Families Make a Strong Kansas