What you should know about COVID-19 and CYBERBULLYING

Parents

Cyberbullying is using a form of technology–such as the internet, cell phones, or virtual classrooms–**to intentionally hurt or harm someone else.**

CYBERBULLYING & COVID-19

- Youth are spending more time online for school, connecting with peers, and socially interacting with friends
- Kids are still adjusting to learning and interacting with their peers virtually
- Many young people may be feeling new and uncertain emotions due to the pandemic, such as anxiety, anger, fear, isolation, or stress
- This unprecedented period, as well as more time spent online, have the potential to cause an increase in cyberbullying behavior

REMEMBER: CONVERSATIONS WITH YOUTH ARE IMPORTANT

- Start talking about online behavior as soon as they start using technology and return to the conversation as their technology use evolves
- Your child may not recognize that hurtful online behavior can be cyberbullying, especially in new settings like virtual classrooms
- Discuss what cyberbullying is and steps to take if they experience or witness it

IF YOUR CHILD IS BULLIED ONLINE, WHAT SHOULD YOU DO?

- Be supportive of your child; you might be the first person they've told
- Let them know you are there to help
- Document the situation and keep a detailed record with screenshots and saved texts
- If the cyberbullying is happening:
  - In your child's distance learning classroom or with peers: Inform your child's school. Most schools include cyberbullying in their bullying prevention policy.
  - On a social networking site: Check the safety page for ways to report and block
- The most important message to give your child is that they aren't alone and that, together, you can find a solution

PACER's National Bullying Prevention Center®
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