

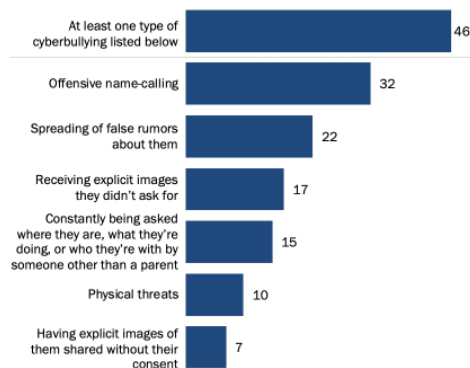
## Cyberbullying and Social Media

The effects of the growing trend in social media cyberbullying are felt every week in every school across the nation. The impacts of cyberbullying are not only felt by the victim, but also by the Local Education Agency with the hours spent on research, interviews and counselling. Below are some suggestions on how schools and districts can be proactive in reducing these cyberbullying instances so that all involved can have more time to focus on providing and experiencing a quality education.

Unfortunately, cyberbullying continues on an upward trend. It is important to be proactive by taking necessary steps to protect our student by providing them with tools to protect themselves.

### Nearly half of teens have ever experienced cyberbullying, with offensive name-calling being the type most commonly reported

% of U.S. teens who say they have ever experienced \_\_\_ when online or on their cellphone



Note: Teens are those ages 13 to 17. Those who did not give an answer are not shown.  
 Source: Survey conducted April 14-May 4, 2022.  
 "Teens and Cyberbullying 2022"

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- Train students and their families on how to spot cyberbullying at its inception by:
  - Recognizing negative comments on pictures
  - Recognizing abusive posts on a user's wall
  - Recognizing videos and photos used to make fun of each other
  - Noticing stalking behavior on social media
  - Noting hacked accounts that have been used to make impersonated posts.
- Provide ongoing awareness training related to cybersecurity and data privacy reminders such as:
  - Check social media site privacy settings often
  - Only share profiles with known parties
  - Don't post personally identifiable information online for anyone when possible
- Find relevant and relatable ways to teach students how to safeguard against cyberbullies:
  - Unfriend anyone posting negative posts
  - Block anyone who continues to send messages
  - Report bullies to the social media site
  - Notify adults who can provide support
  - Keep proof of the harassment