BELIEVE you MATTER

Cyberbullying Unplugged: What Parents Need to Know

Cyberbullying happens when someone uses technology—like texting or social media—to tease, embarrass, threaten or hurt another person. It can look like mean messages, embarrassing photos or sharing private information to shame someone online.

Even if your child isn't being targeted, it's important to talk about how they can help stop cyberbullying when they see it. Everyone can play a role in creating a kinder online world.

How to spot the signs

Kids who are being cyberbullied may not always tell you, but there are warning signs:

- Avoiding the internet or their phone
- Seeming anxious or upset after getting a message
- Pulling away from family or friends
- Not wanting to go to school or social events
- Showing signs of low self-esteem, sadness or fear
- Struggling with grades
- Changes in eating or sleeping habits
- In serious cases, talking about or showing signs of suicidal thoughts

If you notice any of these, check in with your child. Let them know that you're there to listen and help.

What parents can do

If your child is being cyberbullied:

- Encourage them not to respond to the bully.
- Help them save the messages or screenshots as evidence.
- Reach out to school staff to understand the district's bullying and cyberbullying policies and work together on a plan.
- Talk to the other child's parent or guardian, if you feel comfortable doing so.

If your child sees someone else being bullied online, remind them they can make a difference:

- Don't share or comment on hurtful posts or photos.
- Report the bullying to the app or website.
- Tell a parent or trusted adult at school, especially if the bullying involves classmates.
- Be a friend to the person being bullied. Kindness goes a long way.

Scan QR code or visit **beavertonsd.org/BYM** to learn more.

BEAVERTON SCHOOL DISTRICT