

CYBERBULLYING



**Prevent Child Abuse
Kentucky™**

10 THINGS PARENTS NEED TO KNOW

ABOUT CYBERBULLYING

- 1. Cyberbullying is the use of technology to threaten, harass, tease, or humiliate someone.**
- 2. 95% of teens have access to a smartphone, computer, tablet, gaming technology or other electronic device, making this a common and easily accessible tool for cyberbullying.**
- 3. Cyberbullying spreads faster and has a wider audience than face-to-face bullying.**
- 4. Signs a child is being cyberbullied:**
 - Avoids using the internet.
 - Withdraws from family, friends, and school or extracurricular activities.
 - Grades and classwork start to decrease.
 - Shows signs of low self-esteem or depression.



Website: www.pcaky.org
Phone: 859-225-8879

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5. **Report cyberbullying: contact school administration and law enforcement, if needed.**
6. **If a child is being cyberbullied, sit down and listen to them. Talk about what problems they are facing.**
7. **Support the child; they are a victim.**
8. **Talk about the dangers of the internet.**
9. **Set expectations for what is right and wrong while using the internet.**
10. **REMEMBER THE GOLDEN RULE! Treat others the way you would want to be treated. Be kind online, no matter who you are talking to.**

To report online child sexual exploitation, call 1-800-THE LOST or make an online report at report.cybertip.org.

1.800.CHILDREN

A free, confidential information and support helpline

