Cyber-Bullying: Suggestions for Parents

Cyber-bullying can range from rude comments to lies, impersonations, and threats, therefore your responses may depend on the nature and severity of the cyber-bullying.

Here are some actions that you may want to take after-the-fact.

► **Strongly encourage** your child not to respond to the cyber-bullying.

► **Do not erase** the messages or pictures. Save these as evidence.

► **Try to identify** the individual doing the cyber-bullying. Even if the cyber-bully is anonymous (e.g., is using a fake name or someone else's identity) there may be a way to track them through your Internet Service Provider.

► If the cyber-bullying is coming through e-mail or a cell phone, **it may be possible to block** future contact from the cyber-bully.

► **Contact your school**. If the cyber-bullying is occurring through your school district's Internet system, school administrators have an obligation to intervene. Even if the cyber-bullying is occurring off campus, make your school administrators aware of the problem. They may be able to help you resolve the cyber-bullying or watchful for face-to-face bullying.

► **Contact the police** if cyber-bullying involves acts such as:

  ► Threats of violence
  ► Extortion
  ► Obscene or harassing phone calls or text messages
  ► Harassment, stalking, or hate crimes
  ► Child pornography

Survey Says

► Approximately 58% of students reported that they experienced cyber-bullying at some point in their lifetimes (Cyberbullying Research Center, 2025).

For More Information
Kentucky Center for School Safety

𝕏 /kcssnews
f /kyschoolsafety
📞 (877) 805-4277

www.kycss.org

Cyber-Bullying: Suggestions for Parents

How to Prevent Cyber-bullying

► Discuss with your child openly what is appropriate and what is not appropriate to communicate online.

   ► Don't give out private information (Passwords, PIN)

   ► Be careful about posting personal information such as name, address and cell numbers

   ► Delete messages from people you don't know

► Assume no digital communication is private

► Use privacy settings on social media sites

► Explain the problems of posting pictures online

► Teach how to identify a threatening communication

Surf Smart
► **Explore the internet with skill and direction!**

Share Less
► **Keep your personal information private!**

Think First
► **Interact online appropriately!**

Cyberbullying is related to low self-esteem, suicidal ideation, anger, frustration, and a variety of other emotional and psychological problems (Patchin, J. W. & Hinduja, S., 2024)

Resource: https://www.stopbullying.gov/cyberbullying

Fact

► Adolescent boys are more likely to have experienced cyberbullying as a target (36.6% vs. 28.6%) and as an aggressor (21.7% vs. 10.4%) (Cyberbullying Research Center, 2025).

For More Information
Kentucky Center for School Safety

X /kcssnews

f /kyschoolsafety

📞 (877) 805-4277

www.kycss.org