

KENTUCKY CENTER for SCHOOL SAFETY

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Suggestions for Parents

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



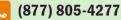


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How to Prevent Cyber-bullying

- 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**





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