Working in the Community to Prevent and Reduce Bullying

Bullying is a form of youth violence. The CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youth who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm. Cyberbullying is bullying on a digital platform.

Cyberbullying – a complex form of bullying.

Some of the most common cyberbullying tactics include:

- Posting mean or hateful names, comments, or content about any race, religion, ethnicity, or other personal characteristics online

- Creating rumors about someone online that are mean, hurtful, or embarrassing

- Creating a mean or hurtful webpage about someone

- Pretending to be someone else online in order to solicit or post personal or false information about someone else

- Threatening to hurt someone or telling them to kill themselves

- Doxing, an abbreviated form of the word documents, is a form of online harassment used to exact revenge and to threaten and destroy the privacy of individuals by making their personal information public, including addresses, social security, credit card and phone numbers, links to social media accounts, and other private data

Mentor youth: Encourage youth to talk to trusted adults about online bullying. If they share that they are experiencing cyberbullying, ask questions to learn what is happening, how it started, and who is involved. You may need to document the situation, report harmful behaviors, or provide additional support.Include them in the development and the revising of bullying prevention policies.

Talk to adults about bullying: Parents, teachers, and other adults may not be aware of all the digital media and apps that a child or teen is using. The more digital platforms that a child uses, the more opportunities there are for being exposed to potential cyberbullying. Talk to caregivers about digital awareness and what to do if cyberbullying happens.

Resources for Cyberbullying

Internet Safety 101

Cyberbullying Tactics – BullyingStop.gov

Cyberbullying Research Center - How to Identify, Prevent and Respond

How to report Cyberbullying

Understanding Bullying Behavior What Educators Should Know and Can Do

Cyberbullying – Pacer's National Bullying Prevention Center