

- Report – Most schools and social media platforms have clear policies and reporting processes. If a classmate is cyberbullying, report it the school. You can also contact app or social media platforms to report offensive content and have it removed. If a child has received physical threats, or if a potential crime or illegal behavior is occurring, report it to the police.
- Support – Peers, mentors, and trusted adults can intervene publicly to positively influence a situation where negative or hurtful content is posted about a child. Your child's friends can post positive comments about the person targeted with bullying to try to shift the conversation in a positive direction.

Some of this content was used by permission from [StopBullying.gov](http://StopBullying.gov)

## SCHOOL-BASED HELP

It may make sense to involve other parents or professional support. Consider speaking with a New Hampshire Student Assistance Program (SAP) staff member.

SAP counselors served more than 10,000 kids in 2016, helping youth with various social issues, such as bullying, dating violence, and peer pressure. The program has grown from five schools in 2013 to more than 40 today.

(For a list of state SAPs, visit: [dhhs.nh.gov/dcbcs/bdas/sap.htm](http://dhhs.nh.gov/dcbcs/bdas/sap.htm))

## ADDITIONAL RESOURCES

**New Hampshire Dept. of Education:** The New Hampshire Dept. of Education has a page where you can get more information about bullying and cyberbullying:

[bit.ly/educationNH](http://bit.ly/educationNH)

**StopBullying.gov:** This government-run website provides information about bullying, cyberbullying, at-risk populations, and how you can prevent and respond to bullying.

[StopBullying.gov](http://StopBullying.gov)

**The Trevor Project:** Lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people are disproportionately victims of bullying. The Trevor Project provides 24/7 chat and texting services to help young people who feel vulnerable. Visit the project online at:

[thetrevorproject.org](http://thetrevorproject.org)

**Common Sense Media:** Common Sense Media is the leading independent nonprofit organization dedicated to helping kids thrive in a world of media and technology. Read their app guides and learn to navigate problems in the digital age. [www.commonsensemedia.org](http://www.commonsensemedia.org)

# CYBERBULLYING

Identification & prevention strategies



Understanding  
Online  
Harassment

NH DEPT. OF HEALTH AND HUMAN SERVICES  
**NHBDAS**  
BUREAU OF DRUG AND ALCOHOL SERVICES

Promoting Prevention and Recovery

partnership for a  
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1/21/2017

## What is cyberbullying?

Mean images or text can spread at the speed of a mouse click. Some of the most common cyberbullying tactics include:

- Posting comments or rumors about someone online that are mean, hurtful, or embarrassing.
- Threatening to hurt someone or telling someone to kill themselves.
- Posting a mean or hurtful picture or video. These images may be real or altered using common software.
- Pretending to be someone else online in order to solicit or post personal or false information about someone else.
- Posting mean or hateful names, comments, or content about any race, religion, ethnicity, or other personal characteristics online.
- Creating a mean or hurtful webpage about someone.

## Hints for preventing cyber-bullying

Be Aware of What Your Kids are Doing Online

You may ask your child who his or her friends are or where she's spending the night, but many parents forget that the Internet is a portal young people can access anywhere at any time. Your teen could be in the living room, watching television with the family, and communicating with bullies and predators you would never let them meet in real life.

Ask your child what digital media and apps they use and set limits. Begin your conversations with open-ended sentences so they can't answer "yes" or "no."

## Warning signs!

Cyberbullying warning signs often occur around a child's use of his or her device.

Watch for:

- Increases or decreases in device use, including texting
- Out-of-control emotional outbursts
- Your child hiding his screen or device
- Your child's social media accounts are shut down suddenly
- Your child is avoiding real-life social situations

## Combat cyberbullying at home

If you notice any of the warning signs above, you should explore his or her digital behavior. Cyberbullying is a form of bullying, and adults should take the same approach to address it: support the child being bullied, address the bullying behavior, and show children that cyberbullying is taken seriously.

If you think a child is involved in cyberbullying:

- Notice – Recognize if there's been a change in mood or behavior. Try to determine if these changes happen around a child's use of his or her digital devices.
- Talk – Ask questions to learn what is happening, how it started, and who is involved.
- Document – Keep a record of what's happening. Take screenshots of harmful posts or content if possible. Most laws and policies note that bullying is a repeated behavior, so records help to document it.

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