

Are You Aware of, or Are You Supporting Someone Who Is the Victim of cyberbullying?

The best defense against cyberbullying for now is a watchful, involved parent, guardian, family member or friend.

How do you know if someone is being cyberbullied? Here are some signs to look out for:

- Long hours on the computer
- Closes windows on their computer when you enter room
- Is secretive about Internet activities
- Behavioral changes
- Is always doing homework on the Internet, but always in chat groups and getting behind with school work
- May find unexplained long distance telephone call charges
- Won't say who they are talking to
- May find unexplained pictures on computer
- Trouble sleeping
- Stomach and headaches
- Lack of appetite, throwing up
- Fear of going to out of the house
- Crying for no apparent reason
- Lack of interest at social events that include other students
- Complains of illness before school or community events often
- Frequent visits to the school nurse or office complaining of feeling sick - wants to call Mom or Dad to come & get them
- Lowered self-esteem
- A marked change in attitude, dress or habits
- Unexplained broken personal possessions, loss of money, loss of personal items
- Stories that don't seem to make sense
- Acting out aggression at home
- Missing or incomplete school work, decreased success in class
- Teach your child to communicate. If an adult or a child someone is being cyber bullied, do not accept the bullying behavior as a problem your child has to live with. The bullying behavior is the responsibility of the bully, not the child being bullied