

Teens and Screens: Cyberbullying

What is cyberbullying?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and TikTok
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities



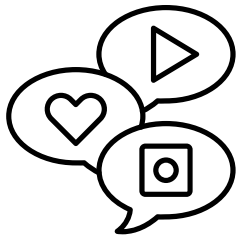
Go to: <https://www.stopbullying.gov/cyberbullying/what-is-it> to watch a video on what is and what is not cyberbullying.

How to prevent cyberbullying:

A child may be involved in cyberbullying in several ways. A child can be bullied, bully others, or witness bullying. Parents, teachers, and other adults may not know all the digital media and apps a child uses. The more digital platforms that a child uses, the more opportunities there are for being exposed to potential cyberbullying.

Go to <https://www.stopbullying.gov/sites/default/files/documents/Cyberbullying%20Guide%20Final%20508.pdf> for a complete parenting guide on how to prevent cyberbullying.

Resource: [stopbullying.gov](https://www.stopbullying.gov) (December, 2022) / www.stopbullying.gov/resources/get-help-now



Teens and Screens: Social Media

Social media can have both positive and negative effects on youth:

Positive:

- Promotes feelings of belonging especially if their peers do not share their interests at school.
- Increases access to help and support for young people experiencing thoughts of suicide.
- Strengthen bonds with existing friends and form new friendships online.

Negative:

- Increases exposure to cyberbullying
- Increases feelings of envy, inadequacy, and lower life satisfaction
- Increases pressure to constantly show self in the best light and increase comparison to others.
- Can impact sleep and distract from daily activities.

Go to <https://www.screenagersmovie.com/resources> for more resources on youth and screens.

