# Cyberbullying:
# Ways to Support a Child Who Has Been Impacted

Cyberbullying among youth is when digital technologies, including social media and messaging apps, are used to intentionally cause harm to another child or teen, such as fear, anger, shame, or humiliation. Below are actions we can take to help prevent cyberbullying and to promote healing in those who have been harmed by cyberbullying.

> **Cyberbullying can only be stopped** when the entire community makes an effort to create rules against bullying and guidelines for appropriate use of digital media. Anti-bullying efforts need to take place everywhere that children are – at home, in school, in sports, in clubs and community groups, and in places of worship.

**Provide Emotional Support.** This is perhaps the most important thing to do if you discover that your child or teen has been impacted by cyberbullying.
- Find out what happened in as much detail as possible.
- Let your child know that you and others will help to keep them safe.
- Reach out and get support from other caring adults – and even peers – in your child's life. This can be incredibly helpful to children.

**Talk With Others.** Talk with your child's teachers, coaches, youth group leaders, and anyone who may have knowledge of the events that took place, or who is connected to the community through which the cyberbullying took place. Ask them what they are doing to manage cyberbullying. While the assumption should be they are doing all possible to address the situation, it is important to keep the issue on their radar.

**Find Group Support and Action.** Help your child or teen find friends or trusted peers to join them in safely standing up to children who bully. Visible group support is important to help reinforce that cyberbullying is unacceptable. Try to avoid letting peers be bystanders, and instead encourage them to be upstanders.

**Be Thoughtful About Online Media.** In this digital age, children as well as adults are all immersed in various forms of online media. But adults can set limits around, and encourage breaks from, phone and social media use. Teach your child how to use privacy controls – which may mean staying up to date on these technologies, yourself. And support them in avoiding social drama, when possible.

Learn more about **Media Literacy and Mental Health** on our website:
https://mghclaycenter.org/multimedia/media-literacy-and-mental-health/

**If Necessary, Seek Professional Help.** If your child is so emotionally affected that it is having a significant negative impact on academic, social, recreational, or family life, talk with your pediatrician as a first line of support for any mental health concerns.

**Thanks for all you do to support a young person in your life. It really makes a difference.**

*For more resources on bullying and other topics, visit us online:* mghclaycenter.org