



## Cyber Bullying

### What is cyber bullying?

Cyber bullying involves the use of information and technology such as email, instant messaging, the publishing of defamatory personal web sites, and online personal polling websites that are used to support conscious, willful, deliberate, repeated and hostile behavior by one or more people with the intent to harm others.

### How common is cyber bullying?

- 90% of middle school students have had their feelings hurt online.
- 40% have had their password stolen and changed by a bully who then locked them out of their own account or sent communications posing as them.
- 75% have visited a web site taunting another student.
- Only 15% of parents polled knew about cyber bullying.

### Cyber bullying facts:

- 58% of children say someone has written mean or hurtful things to them online. More than 4 out of 10 say it has happened more than once.
- 42% of children have been bullied while online. One in 4 has experienced it more than once.
- 35% of children have been threatened online. Nearly 1 in 5 has experienced it more than once.
- 53% of children admit having written something mean or hurtful to another person online. More than 1 in 3 has done it more than once.
- **Only 20% of cyber bullying victims tell their parents about the incident.**

# Ten Tips to Help Protect Your Children from Cyber Bullying

1. Keep your home computer in an easily viewable place.
2. Make sure your children do not respond to rude and harassing emails, messages, and postings. Keep a record of them in case you need proof. Call law enforcement and inform your Internet Service Provider (ISP) if necessary.
3. Use web sites that translate the lingo your children are sending or receiving so that you can understand the words or abbreviations that are being used in e-mails and chat rooms.
4. If your child continues to receive harassing e-mails, have them delete their current account and open a new one. This new email address should only be given to a few trusted people.
5. If your children are receiving harassing messages through instant messaging, help them make use of the “block” or “ban” feature. This feature can be used to block certain individuals from being able to reach your child.
6. If you have found that a cyber bully has set up a web site that is defaming or mocking your child, contact your ISP and, if necessary, also inform law enforcement to try to get that web site removed.
7. Talk regularly with your child about the on-line activities in which he or she is involved.
8. Set firm guidelines for cell phone use and monitor that behavior.
9. Talk specifically about cyber bullying. Explain that it is harmful and unacceptable behavior.
10. Model the behavior that you want to see in your child.

Many young people are deeply affected by bullying and harassment. Community Counseling Center offers treatment and support for students and families.

State of the art evidence based treatment such as Trauma Focused Cognitive Behavioral Therapy can help young people and parents cope, heal, and grow stronger.

**We are here to help.**

**Call Community Counseling Center at 207.874.1030.**



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