



# Peer to Peer Abuse: Cyber-bullying

**What is Cyber-bullying?** Cyber-bullying is an **online amplified version of bullying.** Cyberbullying involves the use of information and communication technologies to engage in the **unprovoked, intentional harm, or invoking of fear** in the another individual. This behavior is **repeated over a period of time.** Cyber-bullying may be initiated by **AN INDIVIDUAL OR A GROUP.** Cyber-bullying has significant **negative consequences** for the target, the bully, and society. An individual can be targeted **24 hours a day 7 days a week ...at home...at school...anywhere and anytime** they are online or using a cell.

**Warning Signs** Unexpectedly stops using the computer **Changes in mood or behavior – especially after connecting online or via cell** Avoids discussions about what they are doing on the computer **WITHDRAWN FROM FRIENDS AND FAMILY** Avoids school, parish, or other peer activities **Changes in academic performance** Signs of distress: depression, sleep problems, somatic complaints, thoughts of self harm...

**What I Can Do** **Be aware** of cyberbullying warning signs **Educate your children** about the qualities of **right relationships, signs of risk**, and **WHAT TO DO** if they are being bullied online. **Model appropriate use of technology.** **MONITOR** your child's behavior **Set clear expectations** for your child's behavior toward others **talk about what to do** when others are bullying or being bullied online.

