



## Defining CyberBullying

### What Is It?

**Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets.**

### What are the Effects?

**Cyberbullying can have serious and lasting effects on kids. It can lead to anxiety, depression, trouble sleeping, and a drop in school performance. Many kids who are bullied online start to avoid friends, family, or school, and may even develop physical symptoms like headaches or stomachaches. In some cases, it can lead to self-harm or thoughts of suicide.**



### Social Bullets

**Social Bullets is a powerful campaign that shows just how harmful cyberbullying can be. It follows a day in the life of a typical student and uses real social media posts to show the hurtful messages they receive. As a parent or guardian, you can read some of the actual messages kids are sending back and forth, giving you a window into what cyberbullying really looks like in today's youth. It's a wake-up call to how common and damaging online bullying can be.**

### LINKS:

[stopbullying.gov](http://stopbullying.gov)

[americanspcc.org](http://americanspcc.org)

[socialbullets](http://socialbullets)



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## Social Media Kits



### Anti-Bullying Alliance

**The Anti-Bullying Alliance (ABA) is a group in the UK that works to stop bullying. They provide helpful tools and advice for parents, teachers, and students.**

### Stand for the Silent

**Stand for the Silent is a program that teaches kids the importance of kindness and standing up against bullying. It was started by parents who lost their 11-year-old son to suicide after he was bullied. They provide great social media resources.**

### Know 2 Protect

**Know2Protect is a national safety campaign from the U.S. Department of Homeland Security. It helps parents, kids, and teachers recognize and prevent online dangers like child exploitation and abuse. The campaign offers tools to report harmful behavior, support for victims, and resources like a social media toolkit to help families stay safe online.**

## LINKS:

[Know 2 Protect](#)

[Stand for the Silent](#)

[Anti-Bullying Alliance](#)



## *Guest Speakers*



### **Know2Protect**

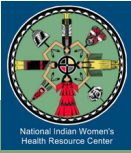
**Project iGuardian is an in-person educational program that's part of the Know2Protect campaign, a public awareness effort from the Department of Homeland Security (DHS). The program offers three different presentations tailored specifically for parents, teens, and tweens.**

### **Challenge Day**

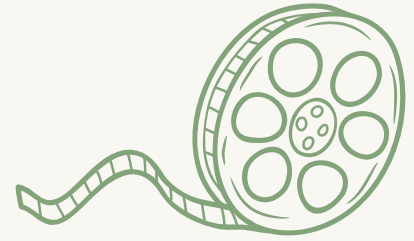
**Challenge Day is a Daylong Workshop for 7th-12th Graders. Participants experience powerful love and belonging, connect across lines of difference.**

### **Stand for the Silent**

**Stand for the Silent founder, Kirk Smalley, shares his powerful story of his family's impact of losing their son to effects of bullying and inspires schools to create a culture of kindness.**



## Movies About Cyber-Bullying



### **Social Dilemma (2020) TV 14**

The **Social Dilemma** is a powerful film that helps parents and kids understand how social media can fuel cyberbullying. It shows how apps are designed to keep people online by pushing negative and emotional content, which can lead to bullying and harmful behavior. The movie features former tech insiders who explain how this affects teens' mental health, like anxiety and depression. It also encourages kids to think critically about what they see online and how to use social media in a safer, healthier way.

### **Bully (2011) PG 13**

The movie **Bully** is a powerful film that shows the real impact bullying—including cyberbullying—has on students and families. It follows true stories of kids who were bullied, helping viewers understand how painful and serious it can be. By showing the emotional toll, it builds empathy and encourages students and adults to take action. The film also shows how bullying doesn't just hurt one person—it affects families, schools, and entire communities. It's a strong reminder that we all play a role in stopping bullying, both in person and online.

### **Cyberbully (2011) TV 14**

The movie **Cyberbully** is a powerful way to show how serious online bullying can be. It follows a teenage girl who faces harsh bullying on social media, and shows how it affects her mental health, friendships, and sense of safety. The story is relatable for teens and helps them understand the real emotional impact of cyberbullying. It also encourages empathy and reminds viewers to think before they post. This film is especially helpful for middle and high school students, showing them why it's important to speak up and support others online.

## LINKS:

[Social Dilemma](#)

[Bully](#)

[Cyberbully](#)



## CyberBullying Resources



### Parent Resources

#### StopBullying.gov - Parent Resources

- **Website:** [stopbullying.gov](http://stopbullying.gov)
- **What it offers:** A government-backed site with clear guidance on what cyberbullying is, how to recognize signs, how to talk to your child, report incidents, and work with schools. It includes videos, tip sheets, and downloadable PDFs.

#### Common Sense Media - Cyberbullying Guide

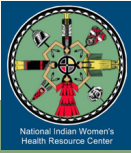
- **Website:** [commonsensemedia.org](http://commonsensemedia.org)
- **What it offers:** Parent reviews of social media platforms, advice on managing tech use, and age-appropriate tips for talking about online behavior.

#### PACER's National Bullying Prevention Center

- **Website:** [pacer.org/bullying](http://pacer.org/bullying)
- **What it offers:** Cyberbullying toolkits, action plans, videos, and resources for parents of children with disabilities as well.

#### Family Online Safety Institute (FOSI)

- **Website:** [fosi.org](http://fosi.org)
- **What it offers:** Advice on online safety, parental controls, and digital citizenship. It has resources for building healthy tech habits at home.



## CyberBullying Resources



### School Resources

#### StopBullying.gov - For Schools & Educators

- **Website:** [stopbullying.gov/schools](http://stopbullying.gov/schools)
- **What it offers:** Training modules, policies, prevention strategies, and model school rules.

#### Cyberbullying Research Center - Educator Tools

- **Website:** [cyberbullying.org](http://cyberbullying.org)
- **What it offers:** Lesson plans, PowerPoints, research summaries, and policy templates.

#### Common Sense Education

- **Website:** [commonsense.org/education](http://commonsense.org/education)
- **What it offers:** Free K-12 digital citizenship curriculum, videos, activities, and professional development for teachers.

#### iKeepSafe (Internet Keep Safe Coalition)

- **Website:** [ikeepSAFE.org](http://ikeepSAFE.org)
- **What it offers:** Digital safety and data privacy curriculum for schools, plus resources on cyberbullying, screen time, and tech balance.



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## Risky Apps



### Risky Apps for Kids & Teens

#### Snapchat

- **Risks: Disappearing messages, sexting, anonymous Q&A through third-party add-ons, Snap Map location sharing.**

#### TikTok

- **Risks: Exposure to inappropriate content, cyberbullying in comments, predator activity through DMs.**

#### Instagram

- **Risks: DMs from strangers, pressure to appear “perfect,” fake accounts (finstas), and potential for cyberbullying.**

#### Discord

- **Risks: Open chatrooms, NSFW content, bullying, and exposure to strangers via gaming servers.**

#### Telegram

- **Risks: Secret chats, encrypted messages, adult content in public channels.**

### LINKS:

[parents.snapchat.com](https://parents.snapchat.com)

[TikTok Guardian's Guide](#)

[Instagram Parent's Guide](#)

[Discord Parent's Guide](#)

[Telegram Guide](#)



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## Risky Apps



### Risky Apps for Kids & Teens

#### **Whisper / Yik Yak (if reactivated)**

- **Risks: Anonymous posting = breeding ground for bullying, gossip, threats, or sexting.**

#### **Kik**

- **Risks: Messaging app known for very little moderation; predators often use it to contact minors.**

#### **Omegle (and similar video chat sites)**

- **Risks: "Talk to strangers" platform, often used for explicit conversations or exposure.**

#### **Tellonym / NGL / Sendit**

- **Risks: Anonymous question boxes often tied to Instagram or Snapchat, leading to bullying and toxic comments.**

#### **Wink / Hoop / LMK**

- **Risks: Tinder-style apps connected to Snapchat that allow strangers to "match" and chat.**

**LINKS:**

[Whisper](#)  
[Tellonym](#)

[Yik Yak](#)  
[NGL](#)

[Kik](#)  
[Sendit](#)

[Omegle](#)  
[Wink](#)

[LMK](#)  
[Hoop](#)





## Get Help



### Cyber Tip Line

**CyberTipline.org is a trusted website where parents, kids, and educators can report anything unsafe involving children online—like sextortion, grooming, or inappropriate messages. It's run by the National Center for Missing & Exploited Children, and every report is reviewed and sent to the right authorities. It's a safe, secure way to help protect kids from online danger.**

### Report CyberBullying

**How to Report Cyberbullying is a simple guide that helps parents, students, and teachers know what to do when bullying happens online. It explains how to save evidence, report it on social media or gaming apps, and when to involve the school or police. It gives clear steps to take action and protect your child.**

### Take It Down

**Take It Down is a safe website from the National Center for Missing & Exploited Children that helps remove harmful photos or videos of kids from the internet. Parents, teens, or trusted adults can report things like sextortion or inappropriate content. Once reported, experts step in to help guide you, offer support, and work to take the content down.**

## LINKS:

[Cyber Tip Line](#)

[Take It Down](#)

[Report Cyber-Bullying](#)