



Phi Theta Kappa Wants to Help Stop Cyberbullying!

Cyberbullying does not exclude anyone!

Rio Salado's chapter of the Phi Theta Kappa Honor Society recently studied the ongoing problem of cyberbullying for a national project. Here are some tips for parents and friends on what to look for if your child, or someone you know, is being bullied online.

Warning Signs

- Changes in mood, behavior, sleep or appetite
- Depression or anxiety
- Crying for no reason
- Falling behind in homework
- Withdrawal from friends/activities
- Avoidance of school or group gatherings

Whatever you do, ignoring the problem won't make it go away. Be alert and aware, because cyberbullying affects us all.

What Can I Do

- Talk to your child/friend regularly
- Don't respond to online comments
- Don't threaten to take away your child's technology
- Unfriend/block the person making negative comments
- Report the behavior to teachers, parents, police, online service providers, etc.
- Save, print out and document evidence of cyberbullying

For More Information:

stopbullying.gov/cyberbullying