



QUICK GUIDE TO CYBER BULLYING

What is Cyberbullying?

Cyberbullying is harassment and a power imbalance through digital devices like phones and computers. It's important to distinguish it from occasional mean comments, as cyberbullying is more persistent and harmful.



How likely is it?

The CDC reported that 15% of high school students were cyberbullied in 2017, while the Cyberbullying Research Center estimates that 25% of teens experience it. Kindness, not cruelty, is the norm.



MySchoolSafe

Monitor | Report | Support



What are the signs?

You may notice difficulty sleeping, changes in online habits, declining grades, school avoidance, feelings of helplessness, decreased self-esteem, broken or missing items or injuries as a result of physical bullying.



What to do?

When your child experiences cyberbullying, provide support and encourage them to block the bully, save evidence, and discuss next steps with you. Involve your child in the process rather than taking over.

About MySchoolSafe

MySchoolSafe is a student safety and wellness platform that addresses improper social media usage, school violence, student self-harm, and overall mental health. The platform integrates monitoring, reporting, and a helpline into one self-learning portal, ensuring student safety and wellbeing.