

What Teens Say about Cyberbullying



“I’ve been bullied online” -- 51%



“I’ve been threatened online” -- 33%



“I’ve witnessed cruel behavior online” -- 93%



“I’ve told my parents about the bullying” -- 10%

3. Let the social media site Admin know.

If the bullying is happening on Facebook, kik, Twitter, or any other site, you need to report it. When you show them the screenshot, they’ll kick the bully off the site. They want to protect you, but you have to let them know first.

4. Tell an adult you trust.

Less than 10% of teens who are bullied tell their parents. It’s not easy talking about this sort of thing, but your parents care about you more than anyone. A pastor, coach, teacher, or counselor can also help you take steps to protect yourself and to think clearly about your experience. Don’t go it alone.

5. Report the attacks to a law official.

If the cyberbullying involves threat of physical or sexual assault, it’s beyond your ability to handle alone. Once it reaches this point, the bullying usually will not stop until the police are notified. Let them fight your battle for you.

6. Delete your social media accounts.

It’s a drag to start over, but this is a sure-fire way to purge the bullies from your life. Think of it as finding the new you. While you’re at it, consider taking a fast from social media until you’re ready to start again.