

Trends to address cyberbullying

- There are several challenges for addressing cyberbullying. Parents suggest they lack the technical skills to keep up with their children's' online behaviors. Schools are educating about cyberbullying with policies, training, and assemblies, yet don't always know when and how to intervene in cyberbullying when it happens off campus. Law enforcement often can't get involved unless there is clear evidence of a crime or threat to someone's safety ([Hinduja & Patchin, 2014](#)).
- Effective approaches to address cyberbullying requires effort from children, parents, schools, law enforcement, social media companies, and the community ([Hinduja & Patchin, 2014](#)).
- A multilayered approach can best combat cyberbullying, including educational media campaigns, school-based programs, parental oversight and involvement, legislative action, and screening and evidence-based interventions by health care providers, especially pediatricians and mental health professionals ([Aboujaoude, Savage, Starcevic, & Salame, 2015](#)).
- Parental involvement can significantly reduce cyberbullying perpetration and victimization. Parents can be taught how to openly discuss cyberbullying with their children, when to meet with school administrators, and when and how to work with a bully's parents, request that a Web site or service provider remove offending material or contact the police ([Aboujaoude, Savage, Starcevic, & Salame, 2015](#)).
- Parents can also create an age-appropriate "technology use contract" that identifies behaviors that are and are not appropriate on the Internet, as well as consequences for inappropriate behaviors ([Hinduja & Patchin, 2014](#)).
- The most common strategies reported by youth to cope with cyberbullying were passive, such as blocking the sender, ignoring or avoiding messages, and protecting personal information. Those who are cyberbullied are most likely to tell a friend about the incident. When asked what coping strategies those who were previously cyberbullied would encourage to someone being cyberbullied include blocking the sender, ignoring the messages, and telling someone, such as a friend. Getting retaliation was the least recommended strategy ([Hamm, Newton, & Chisholm, 2015](#)).
- Only 33% of teens that were targets of cyberbullying told their parents or guardians about it, because children are worried they will face reduced Internet and cellphone privileges or other punishments ([Juvonen & Gross, 2008](#)).
- Improving social networking safety skills can help prevent cyberbullying, such as understanding how cyberbullying can cause harm, making sure personal information is not available on social media, keeping social media accounts

private, not “friending” people they do not know, and general efficacy ([Wölfer, Schultze-Krumbholz, Zagorscak, Jäkel, Göbel, & Scheithauer, 2013](#)).

- If someone is being cyberbullied, he/she should keep all evidence of cyberbullying, keep a log with the dates and times of the instances, and report the instances ([Hinduja & Patchin, 2014](#)).
- Bystanders to cyberbullying might not want to get involved because of the fear that the bullying will come onto them. However, by not doing anything, bystanders are passively encouraging the behavior. Bystanders can make a big difference by actively standing up against cyberbullies. Bystanders should intervene if they feel comfortable, tell a trusted adult after, and never encourage or contribute to the cyberbullying, such as laughing at comments, forwarding hurtful comments, or silently allowing it to continue ([Hinduja & Patchin, 2014](#)).