

# TEST YOUR BULLYING IQ

1. WHAT ARE SOME WARNING SIGNS THAT SOMEONE IS BEING CYBERBULLIED?
  - A. They randomly stop using the computer or a cell phone
  - B. Depression, sadness, frustration
  - C. Suicidal thoughts and/or attempts
  - D. Anxious when texts or instant messages come in on the computer or a cell phone
  - E. All of the above
2. HOW CAN BYSTANDERS HELP DECREASE ALL KINDS OF BULLYING?
  - A. Join in on the teasing
  - B. Learn skills & language to counteract bullying
  - C. Walk away
3. WHY IS CYBERBULLYING SUCH A BIG PROBLEM?
  - A. It can occur 24/7
  - B. Many do not know how to deal with it
  - C. Only teens engage in it
  - D. Answers a and b only

Quiz Answers: 1) E · 2) B · 3) D



## RESOURCES

National Center for Bullying Prevention  
[www.pacer.org/bullying/](http://www.pacer.org/bullying/)

National Suicide Prevention Lifeline  
24 hours/day  
1-800-273-8255 or  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

National Education Association  
[www.nea.org/bullyfree](http://www.nea.org/bullyfree)

Center for Safe and Responsible Internet Use  
<http://csriu.org>

Wired Safety  
[www.wiredsafety.org](http://www.wiredsafety.org)

Stop Bullying  
[www.stopbullying.gov](http://www.stopbullying.gov)

Cyberbullying Research Center  
[www.cyberbullying.us](http://www.cyberbullying.us)

### CAMPAIGN PARTNERS

Northwest Portland Area Indian Health Board  
2121 SW Broadway, Suite 300  
Portland, OR 97201  
Phone: 503.228.4185 · Fax: 503.228.8182  
Email: [npaihb@npaihb.org](mailto:npaihb@npaihb.org)  
[www.npaihb.org](http://www.npaihb.org)

Indian Health Service  
Division of Behavioral Health  
801 Thompson Avenue, Suite 300  
Rockville, MD 20852  
Phone: 301.443.2038  
[www.ihs.gov](http://www.ihs.gov)



TOGETHER  
**STAND UP  
STAND STRONG  
WE PREVENT**

STAND UP TO CYBERBULLYING



## WHAT IS CYBERBULLYING?

Cyberbullying is deliberate, repeated harm toward someone using an electronic device (like the internet or a cell phone).

There are many types of Cyberbullying. A few are listed below:

- Name calling via text messaging or social networking sites (i.e. Facebook or Twitter)
- Sending threatening emails, texts, or posts to social networking sites
- Texting or posting gossip
- Texting or posting someone's secrets
- Texting or posting photos of another person without consent (usually embarrassing or intimate photos)

## SIGNS TO LOOK FOR

Cyberbullying can be stopped. It is important to stand up to all forms of bullying. Here are some signs to look for that may indicate a teen is a cyberbully or victim of cyberbullying.

- Quickly switching webpages or closing programs when you walk by
- Is unusually upset if computer or cell phone privileges are taken away
- Will not discuss what they are doing on the computer or their cell phone
- Has multiple online accounts or is using someone else's account
- Overall is just acting differently when it comes to electronic devices

## BULLYING AND SUICIDE

If the victim of bullying feels like they have nobody to turn to help stop the bullying, they may feel as though nobody cares, or that they do not deserve to be helped. The victim may view life as being hopeless, which can in turn lead to thoughts of suicide or even attempts.

Bullying and victimization are frequently associated with thoughts of suicide or suicide attempts. Bullying can also cause or deepen depression, anxiety, poor self-esteem, feelings of being trapped, self-blame, insomnia, etc.



## STATISTICS

- A 2011 US study found that 1 million children were cyberbullied (harassed, threatened, etc.) on Facebook in the past year.
- In the U.S., adolescent girls are much more likely to have experienced cyberbullying than adolescent boys (25.8% vs. 16%).
- Teens who identify as lesbian, gay, bisexual, transgendered, or questioning (LGBTQ) are more likely to be victims of harassment and/or cyberbullying.

## PARENTS PREVENT CYBERBULLYING

### KNOW THE WARNING SIGNS

**YOUR CHILD/TEEN(S):** Randomly stops using the computer or a cell phone; seems more depressed, sad, and/or frustrated; has suicidal thoughts and/or attempts; is anxious when texts or instant messages come in on the computer or a cell phone; withdraws from friends.

### STAND UP TO CYBERBULLYING!

**SAFETY:** Be sure your child/teen feels safe and that they have support from you no matter what. Positive role modeling is important.

**COMMUNICATE:** Decide as a team how the child/teen would like to try and improve the situation. This may include the school, parents of the bully, and possibly even law enforcement.

**SET GROUND RULES:** Discuss cyberbullying with your kids/teens and be sure they know it is a serious problem and that these behaviors are not acceptable online, over the phone (texting too), or in person. Set consequences if your child/teen does engage in bullying behavior. Teach your child/teen the skills and language to use against a bully if they or a friend is being bullied or cyberbullied. Teach your child/teen about safe and responsible internet use.

**BUILD PROTECTIONS:** Protective factors, like having an adult teens can turn to or feeling personally connected to their culture, can protect teens from thoughts of suicide. Teach teens how to stand up to bullies, and to tell a trusted adult about any bullying they witness or experience.

