



Peer to Peer Abuse: Cyber-bullying

What is Cyber-bullying? This bullying behavior occurs not face-to-face, but through use of computers, cell phones or other electronic devices with the intention to embarrass, humiliate or cause harm or fear to another. **More likely to occur in middle-school years through high school.** Cyber-bullying

can occur by an individual or by a group. Cyber-bullying has **serious negative consequences** for the victim, the bully and society. An individual can be **targeted** 24 hours a day, 7 days a week at home...at school... at work...**anywhere, anytime!**

Warning Signs:

Have a **sudden change in moods or behaviors**. Has a lower self-esteem, unwilling to go to school and avoids school, parish or other activities where peers are present. Victims of cyber-bullying are more likely to use alcohol and drugs, skip school and be victims of bullying in-person. **Signs of distress:** depression, sleep problems, changes in eating habits, thoughts of self harm...

What can you do? Be aware of warning signs. **Teach your children** about right relationships with others and how to use cyber technology responsibly and safely. **Monitor your child's use of technology. Keep the computer in a public space** in your home. Talk with your child about what to do if someone is bullying or harassing them online or by cell phone.

For more information contact:



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