



St. Helena Unified School District

PARENT RESOURCES: CYBERBULLYING

What is cyber-bullying?

StopBullying.gov, a federal government website managed by the U.S. Department of Health and Human Services defines cyberbullying as “bullying that takes place over digital devices like cell phones, computers, and tablets.” Cyberbullying can occur through text messages, e-mails, apps, and on social media, forums or gaming websites.



Cyberbullying Resources

The following online resources have more information about cyberbullying:

netwmartz.org

The NetSmartz Workshop is an interactive, educational program of the National Center for Missing & Exploited Children® (NCMEC) that provides resources for students, parents, and educators to help children stay safe online.



For parent’s guides to cyberbullying, cybersecurity, and student data privacy as well as other topics related to online safety, visit connectsafely.org

The Center for Cyberbullying Research cyberbullying.org has facts and statistics about cyberbullying, in addition to information about research, laws, and tips for parents.

Blog - Teens Talk: This resource provides a teenage perspective on what strategies work to combat cyberbullying .

