

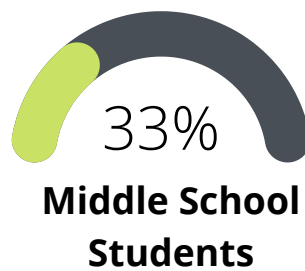
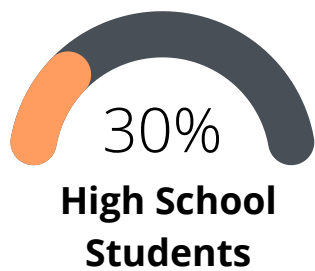
# CYBERBULLYING

Los Angeles County Department of Mental Health

## WHAT IS CYBERBULLYING?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. It involves sending, posting, or sharing negative, harmful, or false content about someone else that leads to embarrassment or humiliation.

## WHO EXPERIENCES CYBERBULLYING? <sup>1</sup>



## CYBERBULLYING CAN CREATE FEELINGS OF <sup>1, 2, 3</sup>

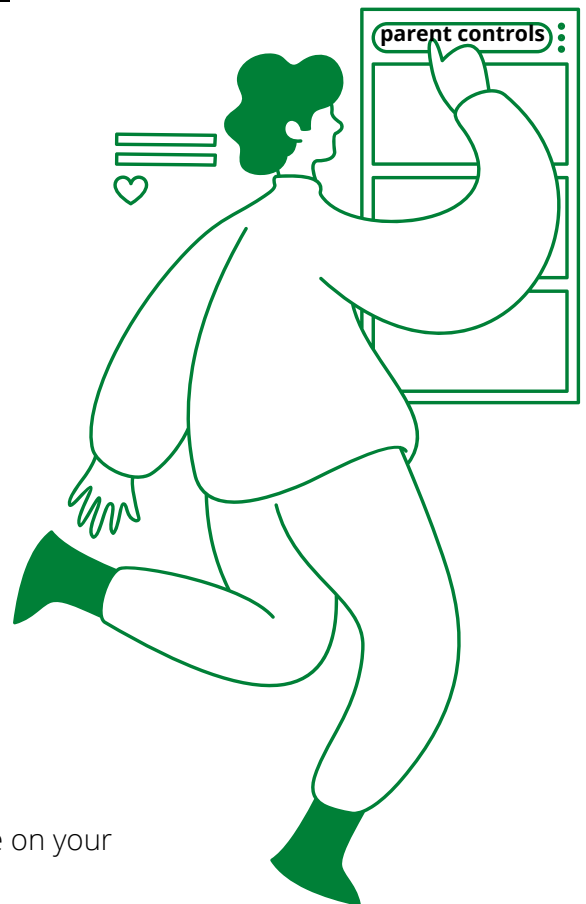
- Anxiety
- Sadness
- Loneliness
- Anger
- Humiliation
- Thoughts of Suicide

## WHAT ARE THE COMMON SIGNS?

- Increase or decrease in using device
- Secrecy about their screen/device when others are near
- Social media accounts are shut down or created
- Sudden change in mood, behavior, and struggle with school

## WHAT CAN YOU DO AS A PARENT?

- Monitor your child's devices
- Be aware of which applications/apps your child is using
- Talk to your child about appropriate digital content
- Establish rules/boundaries
- Discuss cyberbullying with your child
- Seek help if you believe your child is being bullied
- Educate yourself about options for restrictions you can place on your child's phone/internet use



For 24/7 Help, please  
call our Help Line at  
(800) 854-7771

NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

**No gossip.**  
**No drama.**  
**No bullying.**  
**No problems!**  
stopbullying.gov

**teen line**  
teens helping teens  
**(310) 855-4673**