

Cyberbullying Warning Signs

Red flags that your child is involved in cyberbullying



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There are a lot of signals that may indicate your child is experiencing cyberbullying. It is important for you to closely monitor their use of technology (computers and cell phones) and note any behavior that seems out of the ordinary. For example, if your child typically enjoys using the computer but suddenly no longer wishes to do so, there may be a problem. Similarly, if your child seems completely consumed with interacting over the Internet all hours of the day and night, you may need to investigate. Use common sense and age-appropriate consequences when you discover your child engaging in improper behaviors online.

A child may be a victim of cyberbullying if he or she...

- unexpectedly stops using the computer
- appears nervous or jumpy when an Instant Message, text message, or Email appears
- appears uneasy about going to school or outside in general
- appears to be angry, depressed, or frustrated after using the computer
- avoids discussions about what they are doing on the computer
- becomes abnormally withdrawn from usual friends and family members

A child may be cyberbullying others if he or she...

- quickly switches screens or closes programs when you walk by
- uses the computer at all hours of the night
- gets unusually upset if he/she cannot use the computer
- laughs excessively while using the computer
- avoids discussions about what they are doing on the computer
- uses multiple online accounts or using an account that is not their own

Sameer Hinduja, Ph.D. is an Assistant Professor in the Department of Criminology and Criminal Justice at Florida Atlantic University. Justin W. Patchin, Ph.D. is an Assistant Professor of Criminal Justice in the Department of Political Science at the University of Wisconsin-Eau Claire. Together, they lecture across the United States on the causes and consequences of cyberbullying and offer a comprehensive workshop for youth, parents, teachers, counselors, mental health professionals, law enforcement and others concerned with addressing and preventing cyberviolence. For more information, visit <http://www.cyberbullying.us>. © 2009 Sameer Hinduja and Justin W. Patchin