



ASK Bullying Information



Set age-appropriate guidelines for your children for their Internet usage.

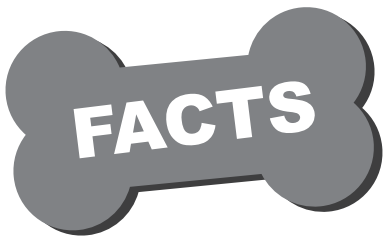
If you notice something, save the evidence and print it out. Most social networking sites, email providers, and cell phones or instant messaging programs have a blocking feature.

If someone is using a fake or offensive profile to terrorize your child, report it to the site right away. Make sure you copy the link of the website for reporting purposes.

Report any threats of violence or sexual exploitation to the police.

Get your child professional help if he/she is showing signs of emotional distress or thoughts of harming themselves.

Source: [Cyber Bullying: Bullying in the Digital Age](#) by R. Kowalski, S. Limber & P. Agatston



One third of teens reported being bullied while at school.

Source: [U.S. Department of Health and Human Services](#)

Bullying is most common among middle school children, where almost half of students may be bully victims.

Source: [FindYouthInfo.gov](#)

7% of students have avoided school because they were afraid of being harmed.

Source: [U.S. Department of Health and Human Services](#)

About 8% of students have been the victim of a cyber bully.

Source: [FindYouthInfo.gov](#)

Only about a third of bully victims report the bullying to someone at school.

Source: [U.S. Department of Health and Human Services](#)