

## Cyberbullying Resource for Back to School Toolkit

### WHAT IS CYBERBULLYING

Cyberbullying is bullying that takes place online and over digital devices. Examples of cyberbullying include hateful or mean texts, social media posts intended to spread rumors, embarrassing or fake images, and sexually explicit or threatening direct messages.

It is important to take cyberbullying (and bullying of any kind) very seriously. Bullying can have a long-term impact on a child's mental health, confidence, and relationships. It can affect their ability to concentrate on academics and extracurricular activities. It can also cause a child to bully others, as a means of regaining control.

### WHAT TO DO IF YOUR CHILD IS CYBERBULLIED

Here are some helpful platform-specific guides for parents: [Instagram](#), [SnapChat](#), [TikTok](#), [Twitter](#), [YouTube](#), and [Facebook](#).

In general, if your child is being cyberbullied, you should take the following steps:

1. **Do not engage**, respond, or encourage the behavior.
2. **Take screenshots** and save everything. Make sure this includes images, text, dates, times, handles, and descriptions.
3. **Block and report** the person/post on social media.
4. **Report the incident** immediately to the following (as applies):
  1. **Report to the school** if the incident involves a student from your child's school. Many states mandate that schools include cyberbullying in their anti-bullying policies. Make sure to file a formal complaint with the school district. You can also file a complaint with the Department of Justice by emailing [education@usdoj.gov](mailto:education@usdoj.gov).
  2. **Report to law enforcement** if the message is threatening, sexually explicit, or suggests stalking.
5. **Contact the Sikh Coalition**. If your child has been targeted in bias-based bullying, we can help you to [navigate the next steps](#). Please reach out to our legal team by filling out our intake form at <http://www.sikhcoalition.org/legal-help/>. Our legal services are completely free and confidential.
6. **Talk to your child**. Engage in open dialogue with your child to allow them to express emotions freely, and closely monitor their behavior after the incident. If needed, work with a trained professional to further support your child.
7. **Join anti-bullying efforts**. Ask your school and other parents for the district's resources against bullying, and work collaboratively to better your school's climate.