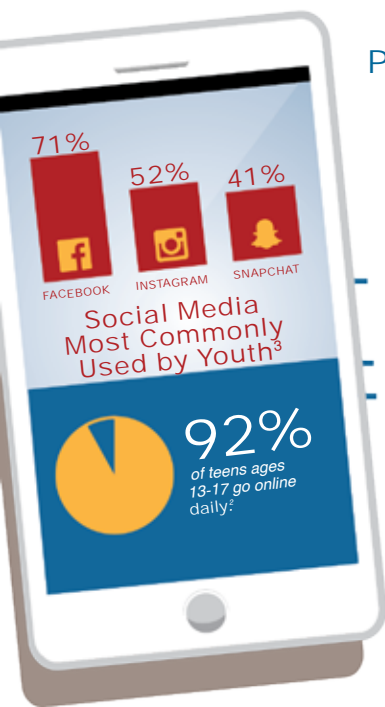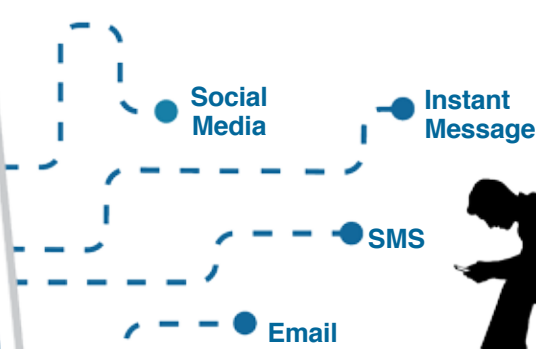# Cyberbullying Facts

WHAT is cyberbullying?

Cyberbullying is bullying that takes place using **electronic technology**, such as chat rooms, instant messaging, social media, or other forms of digital electronic communication[1]. With apps and technology changing all the time, unfortunately some will use them as new ways to bully.

Places Where Cyberbullying Occurs

- Social Media
- Instant Message
- SMS
- Email

71% FACEBOOK
52% INSTAGRAM
41% SNAPCHAT

Social Media Most Commonly Used by Youth[3]

92% of teens ages 13-17 go online **daily**[2]

1 in 5 Girls are cyberbullied[4]

1 in 10 Boys are cyberbullied[4]

HOW are kids cyberbullied?[5]

- Mean or hurtful comments online **23%**
- Rumors online **20%**
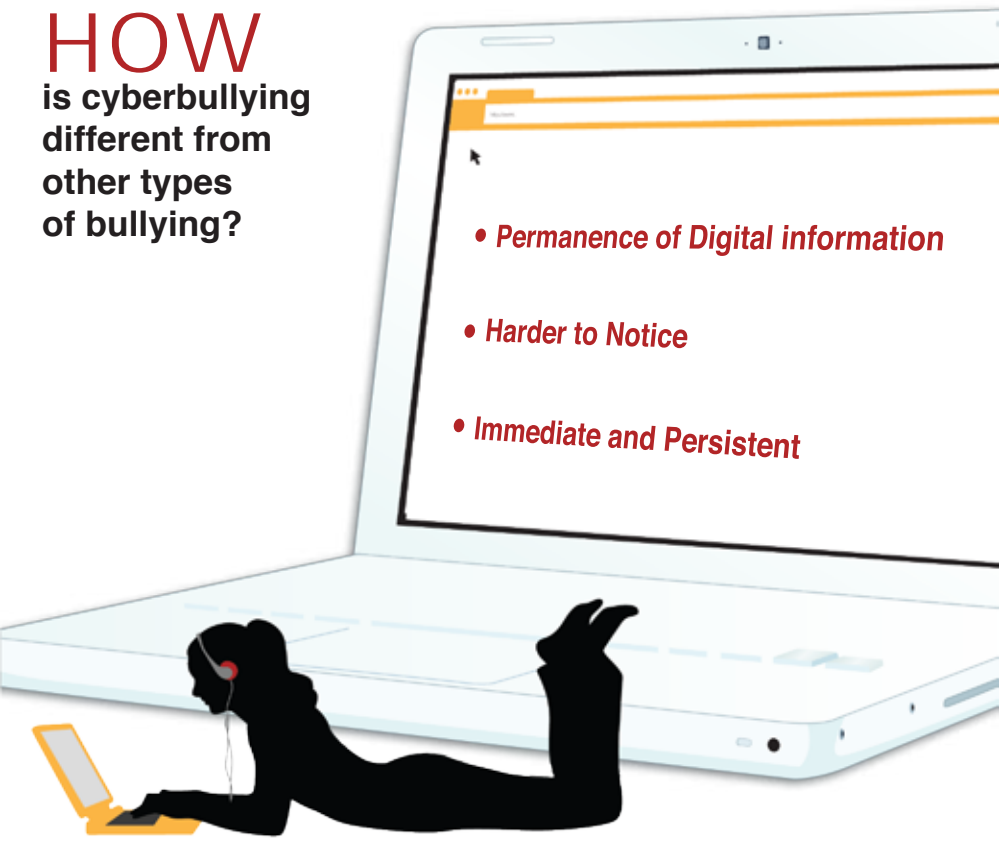- Posted mean names or comments online about me with a sexual meaning **13%**
- Threatened or hurt me online **12%**
- Threatened to hurt me through a cell phone text **12%**
- Posted a mean or hurtful picture of me online **11%**

HOW is cyberbullying different from other types of bullying?

- Permanence of Digital information
- Harder to Notice
- Immediate and Persistent

WHAT you can do

- Notice
- Document
- Talk
- Report
- Support

[1]The National Academies Press, *Preventing Bullying Through Science, Policy, and Practice* (Washington, D.C.: 2016), 45. [2,3]"Teens, Social Media & Technology Overview 2015," Pew Research Center, accessed August 2017, http://www.pewinternet.org/2015/04/09/teens-social-media-technology-2015/. [4] "Results," Youth Risk Behavior Surveillance System (YRBSS), Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, accessed August 2017,https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2015/ss6506_updated.pdf2015. [5] "2016 Cyberbullying Data," Cyberbullying Research Center, accessed August 2017, https://cyberbullying.org/2016-cyberbullying-data.

stopbullying.gov