

# Parent Resources for Cyberbullying

## WHAT IS CYBER BULLYING?

**Cyberbullying, also known as electronic bullying or online social cruelty, is the use of information or electronic communication technologies to bully others. Methods include bullying that takes place:**

- through email
- through instant messaging
- in a chat room
- on a website or gaming site
- through digital messages or images sent to a cellular phone

**[American Psychological Association](#)**: Advice on how parents, teachers and kids can take action to prevent bullying. This site also provides suggestions on how to respond to bullying and a section on cyberbullying.

The cyberbullying resource can be located at: <http://www.apa.org/topics/bullying/online.aspx>

**[Cyberbully Help](#)**: Resources from leading cyberbullying experts Robin Kowakski, Susan Limber and Patti Agatson. Lots of great resources for parents, teachers and kids. The aim of this website is to prevent bullying in the digital age and if bullying does occur, provide resources on how to address it so that the bullying is resolved.

**[Stopbullying.gov](#)**: A well curated list of resources from the government on bullying and cyberbullying. It not only defines bullying but has resources on how to prevent bullying, how to repond to it and how to “be more than a bystander.” Be sure to see their resources on [how to respond to bullying](#).

**[It Gets Better Project](#)**: Inspiring advice for lesbian, gay, bisexual and transgender (LGBT) youth, helping them understand that “it gets better” and to inspire the changes needed to make it better.

**[Embrace Civility in the Digital Age](#)**: Excellent advice from former lawyer and educator Nancy Willard. The website ranges from basic tips for kids and parents to law review articles and professional advice for educators.

**[Cyberbullying Reference Guide for Parents](#)**: This two page guide is created by Patti Agatston PhD. and provides a quick overview of actions that parents can take to prevent and intervene with cyberbullying.