

A close-up, slightly blurred photograph of a person's face and hands. The person is looking down at a smartphone held in their hands. The lighting is warm and soft, creating a contemplative or perhaps somber mood. The person's face is partially visible at the top, and their hands are at the bottom, holding the phone.

# *Cyber Bullying*

HOW DO I COMFORT MY  
TEEN?

I'M CYBERBULLIED.  
WHAT CAN I DO?

Weld County District Attorney's  
Office

The infographic consists of four circular bubbles arranged in a 2x2 grid on a brown background. The top-left bubble is light cream and contains the statistic 17.3%. The top-right bubble is dark teal and contains the statistic 36.3%. The bottom-left bubble is dark teal and contains the statistic 74%. The bottom-right bubble is light cream and contains the statistic 70%. Each bubble contains a percentage followed by a descriptive sentence.

# 17.3%

Of teens say they've been cyberbullied in the past 30 days. That number rises to 44 percent for in-person bullying

# 36.3%

Of teens say they've been cyberbullied at some point in their lifetime. Due to humiliation, experts worry this number is much higher

# 74%

Of female teenagers ages 12- 17 say they have experienced some type of bullying in their lifetime, including in-person bullying or online.

# 70%

Of teens who have been cyberbullied say rumors were spread about them online. 4 of 5 say mean comments were posted about them online.

# THE STATS

WHAT BULLYING DOES TO A PERSON



1-800-273-TALK  
NATIONAL SUICIDE  
PREVENTION LIFELINE

## THE IMPACT

According to the National Education Association, bullying creates a reluctance to go to school for more than 160,000 students across the nation every day. It can also lead to severe headaches and stomach pains, reduced appetites, shame, anxiety, aggression and depression. In extreme cases, bullying can trigger suicidal thoughts and desires to cause deadly harm.

Students who are consistently teased and humiliated in front of their peers will often become alienated from family and friends and will experience a decline in academic performance. No single factor puts a child at risk of being bullied; it can happen anywhere, anytime.

160,000

STAY HOME FROM  
SCHOOL DUE TO  
BULLYING

30%

HAVE BROUGHT  
WEAPONS TO  
SCHOOL DUE TO  
BULLYING

20%

OF HIGH SCHOOL  
STUDENTS SAY  
THEY'VE  
CONSIDERED  
SUICIDE



MEET KIANA ARELLANO. THE COLORADO TEENAGER WAS JUST 14 YEARS OLD WHEN SHE ATTEMPTED SUICIDE AFTER MONTHS OF CYBERBULLYING AND TEASING.

KIANA SURVIVED THE SUICIDE ATTEMPT, BUT WAS LEFT WITH A SERIOUS BRAIN INJURY AND WILL SPEND HER LIFE IN A WHEELCHAIR.

HER STORY INSPIRED A NEW COLORADO LAW: KIANA'S LAW.



A close-up portrait of a young woman with blonde hair and blue eyes, smiling slightly. She is wearing large, textured hoop earrings. The background is dark and out of focus.

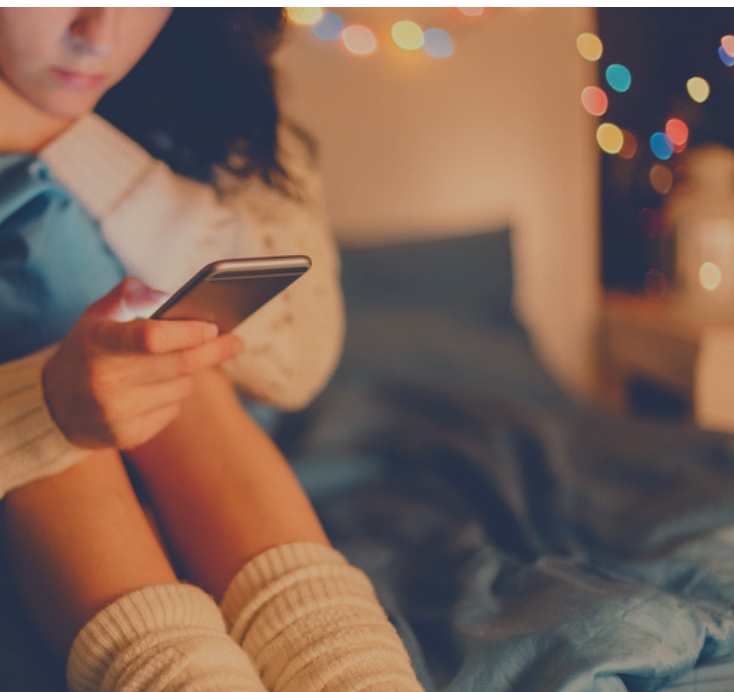
# KIANA'S LAW

## HER STORY + SPARKED CHANGE

In 2015, two years after Kiana's suicide attempt, lawmakers in Colorado's Capitol passed a new law making it a misdemeanor to **harass** someone via cyberbullying, stalking or telephone.

Those convicted of violating Kiana's law now face up to six months in jail and a \$750 fine.

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### WHAT IS "HARASS?"

- Physical contact (striking, shoving, kicking or touching)
- Directing obscene language or gestures at someone in a public place
- Following a person in a public place
- Threatening bodily injury or property damage
- Making obscene requests or comment by phone
- Cyberbullying
- Calling a person repeatedly, including calling and hanging up
- Repeatedly insulting, taunting or challenging someone using offensive language





## SO YOUR KID'S A GAMER?

Teens game. We know that. How many hours does your kid spend playing the Xbox, Playstation or gaming system? As crazy as it sounds, playing online games can open your child up to cyberbullying. Gaming chatrooms are open to all ages, and some material is not suitable for your impressionable teen. Think about setting guidelines when it comes to gaming.

### THE STATS

A 2017 study asked 2,500 people between the ages of 12 and 26 about their experiences of gaming and 57 percent said they had been bullied.  
(Ditch The Label)

*Nearly*  
**50  
PERCENT**

EXPERIENCED HATE SPEECH

"The bullying is pretty constant. They say the worst things you can imagine, like 'I hope your parents die' and 'I'm coming to kill you.'"

- 16 YEAR OLD  
CAMER

Daily Mail, Published 05/17

# SPOTTING THE SIGNS



## 01

### AVOIDS TECHNOLOGY

This is a HUGE red flag. It's a teenager. Why aren't they using their phone or tablet?

### WITHDRAWS

Is your teen withdrawing from relationships? Doesn't want to spend time with friends or family?

## 02



## 03

### APPEARS NERVOUS

Are they acting nervous when a text arrives? Do they clear the screen or delete messages when you enter the room?

### SEEMS DEPRESSED

Are they showing signs of depression? This can include loss of appetite, trouble sleeping, crying or sullenness.

## 04



# TIPS FOR PARENTS

## CYBERBULLYING RESEARCH CENTER

### ENSURE SAFETY

The safety of your child must always be priority when expecting cyberbullying.

Convey unconditional support.

Demonstrate through words and actions that you desire the same result: ending the bullying.

### SPARK CONVERSATION

Talk to your child and find out what is going on - without freaking out.

Take the time to learn exactly what happened and the context in which it occurred.

Don't minimize the situation or make excuses for the aggressor.

### COLLECT EVIDENCE

Print out or take screenshots of conversations, messages, pictures and any other items which can serve as proof of the bullying.

Keep notes: location, frequency, severity of harm, witnesses and the backstory.

### CONTACT SCHOOL

Most, if not all, schools have policy on bullying, including cyber.

Seek the help of administrators if your child and the bully go to the same school.

Your child has the right to feel safe; educators must ensure this space.

### REPORT ABUSE

Cyberbullying violates the Terms of Service of all legitimate service providers.

Even if you can't identify the bully, report the abuse to the provider.

If abuse is widespread, suggest time away from that website or app.

### CALL POLICE

if threats are involved, call your local law enforcement office.

Physical threats, especially, are nothing to joke about. Think: safety first, always.

Contact county or state officials if your local agency is not helpful.

### SEEK COUNSELING

if the bullying is widespread and long-term, consider seeking a mental health professional.

Children, specifically teens, may prefer speaking to a third party who may be perceived as more objective.

# TIPS FOR TEENS

CYBERBULLYING  
RESEARCH  
CENTER

## TALK ABOUT IT

Tell someone if you're the target of bullying.

Whether it's your parents, a teacher or best friend, never make it a secret.

Bottling it up inside can cause problems down the road.

## IGNORE THEM

If it's an isolated, one-time incident, don't respond.

Cyberbullies who don't get a response may just move on.

They're looking for a response - don't give it to them!

## NEVER RETALIATE

Be the bigger person and never retaliate.

Getting back at them only eggs them on and doesn't solve the problem.

Retaliating may also cause you to lose the moral and legal high ground.

## STAND UP

Ignoring the bully sometimes doesn't work, so tell them to stop throwing shade.

Let them know it's not cool.

Be respectful and never come off in an aggressive manner.

#Don'tBeSalty

## LAUGH IT OFF

Ask yourself: Are they just trying to be funny or have they crossed the line?

Some people joke more than others. If it's funny, just laugh with them.

If it's not funny, talk to the person who made the joke. They may surprise you with an apology.

## SAVE EVIDENCE

Record all instances of cyberbullying.

Print out messages or posts, save text messages and take screenshots when cyberbullying occurs.

Saving evidence backs the bully into a corner: they can't deny facts.

## CALL POLICE

If you ever feel your safety (or the safety of someone else) is in danger, call the police immediately.

Any time there is a threat, tell an adult.

They can help you make sure that your safety is protected.

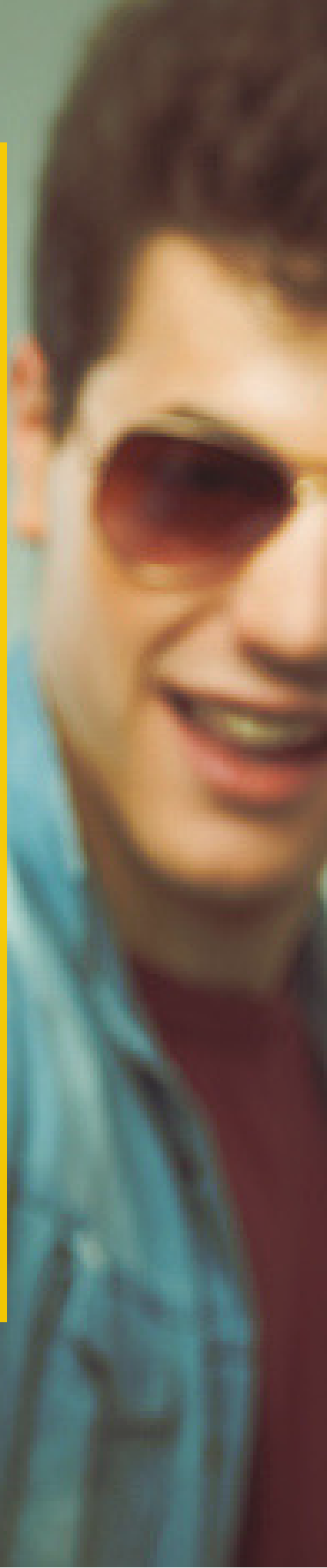
ONE LAST THING...

# ARE YOU THE BULLY?

## **Cut it out, bruh.**

Everyone knows it's cool to pee your pants.  
Bullying hasn't been cool since Billy Madison,  
so stop it.

Don't get a rap sheet this early in life.







# RESOURCES

HELPING YOU + HELPING THEM



[WeldDA.com](http://WeldDA.com)



[@WeldCountyDA](https://www.facebook.com/WeldCountyDA)



[@WeldCountyDA](https://twitter.com/WeldCountyDA)

## CONTACT

**EMAIL** [weldda@weldgov.com](mailto:weldda@weldgov.com)

**PHONE** 970.400.4702

**SOCIALS** Facebook, Twitter

## OTHER WEBSITES

- [WWW.Cyberbullying.us](http://WWW.Cyberbullying.us)
- [StopCyberbullying.org](http://StopCyberbullying.org)
- [WiredSafety.com](http://WiredSafety.com)
- [StopBullyingNow.com](http://StopBullyingNow.com)
- [SPRC.org/states/colorado](http://SPRC.org/states/colorado)