**Lesson 1: Awareness & Education**

An exploration of the importance of awareness and education about cyberbullying.

A close-up of a computer keyboard

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Welcome to Lesson 1 of Cybersecure It and Safety Net’s cyberbullying course. As the digital age of the 21st century continues to develop, cyberbullying, or the purposeful aggregation or intimidation from other users on the internet, emerges as a serious concern.

One of the most important ways to combat this issue is to raise awareness and increase the amount of education on this subject. In Lesson 1, we will explore the importance of awareness about cyberbullying and how to increase education on this subject.

**Current Issues**

Before raising awareness, we must know some current issues and facts surrounding cyberbullying:

* **Cyberbullying can take many forms**. It can happen in direct messages, social media, or online interactions. It can also be public and private; lots of cyberbullying can happen without the consciousness of bystanders.
* **Parents or guardians of victims of cyberbullying are not aware** of this phenomenon.
* **Cyberbullying happens online**, so bullies may follow the victim wherever they go and conduct dangerous digital actions towards them, often ending with dangerous consequences in real life.

**Notable Cyberbullying Facts**

* Around **1 in 3 students** in the United States experience cyberbullying through the academic year.
* **Only 10% of victims** will report to a trusted adult/guardian and only 15% of victims admit to being cyberbullied.
* **Victims of cyberbullying are 2 to 9 times more likely to commit suicide** than their peers.
* According to the National Institute of Health, **cyberbullying is contagious**—those who were cyberbullied were more likely to become perpetrators themselves.

**Raising Awareness**

As said before, the phenomenon of cyberbullying is often unknown to adults and guardians due to the lack of involvement from these figures in the communication of youth. However, a method for decreasing cyberbullying is through raising awareness about this issue.

**Education in schools**:

Collaborate with school administrators and educators to incorporate cyberbullying awareness into current curriculum.

Conduct workshops and presentations which may include inviting guest speakers to speak about cyberbullying and prevention strategies.

**Parental Involvement**:

Engage parents by organizing workshops or seminars to educate them about cyberbullying and provide guidance on how to support their children.

Share resources and information with parents through newsletters, emails, or dedicated sections on school websites.

Encourage open dialogue between parents and children regarding online activities and potential cyberbullying experiences.

**Social Media Campaigns**:

Utilize social media platforms to reach a wide audience and share educational content, statistics, and personal stories related to cyberbullying.

Create and share compelling infographics, videos, or online quizzes to engage and educate individuals about cyberbullying.

Encourage the use of hashtags related to cyberbullying awareness to promote discussion and increase visibility.

**Collaboration with Technology Companies**:

Advocate for responsible use of technology and encourage social media platforms, gaming companies, and app developers to implement safety features and policies to combat cyberbullying.