



TIPS FOR Parenting IN A Digital World



Middle school, particularly seventh grade, is proven to be a time when students experience bullying the most.

Bullying, defined as any unwanted, aggressive behavior that creates a power imbalance, is a problem that affects many students both in-person and online. **Cyber-bullying is bullying that takes place using electronic technology, including:**

- Email
- Chat rooms
- Instant messaging
- Text messaging
- Social media



38%

38% of 7th graders reported experiencing harassment or bullying within the past 12 months



- Reported the highest rate of having mean rumors or lies spread about them
- Reported the highest rates of experiencing cyber-bullying once within the past 12 months

**Data are obtained from the California Healthy Kids Survey (CHKS) reports.*



For more information on youth health priorities in the Beach Cities, visit **bchd.org**.