

# Electronic Bullying

(e-bullying or cyberbullying) has a lasting impact on students' health, mental health, well-being, safety, and academic success. Common online platforms for bullying are social media, texting, online gaming, and email. E-bullying can happen anytime—24/7/365.

According to the Kentucky High School Youth Risk Behavior Survey (YRBS) and National High School YRBS, in 2023<sup>2</sup>

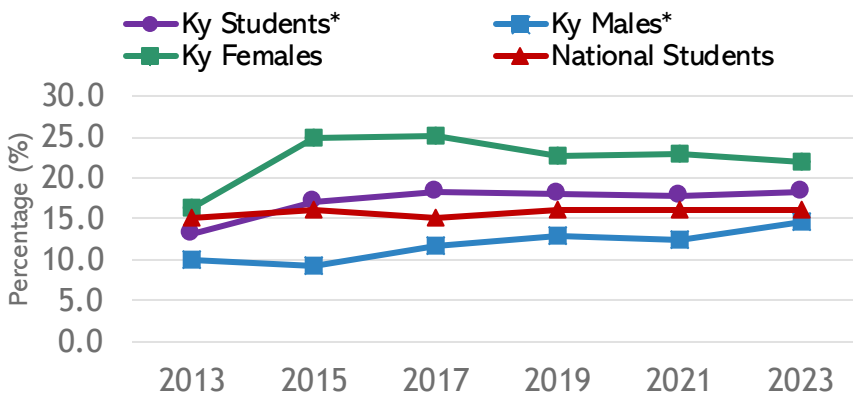
- 18% of Kentucky students vs. 16% of US students
- 22% of Kentucky females vs. 21% of US females
- 15% of Kentucky males vs. 12% of US males



experienced bullying through texting, Instagram, Facebook, or other social media in the past year.



## Percentage of Students Electronically Bullied in the Previous Year, Kentucky and National YRBS 2013-2023

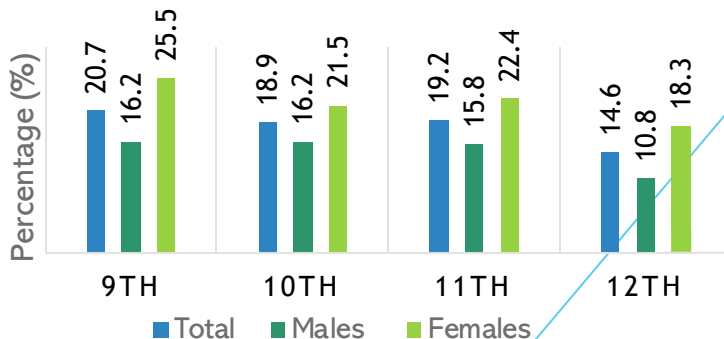


Significant increases in e-bullying were reported among KY high school students and KY male students from 2013-2023.

11 out of 50 KY high school females were e-bullied in 2023.

\*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade,  $p < 0.05$ .

## Percentage of Students Electronically Bullied by Grade, Kentucky YRBS 2023



E-bullying generally decreased as grade level increased in 2023.

# Electronic Bullying Prevention Tips & Resources

## Students:

Protect yourself online via social media, emails, and text messages.

Here are some quick tips:

- Check your privacy settings to control who sees what.
- Think before you post.
- Inform your parents about the apps you use.
- If you receive electronic bullying, screenshot it, don't respond, block the bully, and ask for help. [Learn more](#) about platform and specific reporting steps.
- [StopBullying.Gov Student Resources: What You Can Do](#)
- Call, text or [chat](#) 988 Crisis Lifeline for immediate mental health help.

## Parents:

Talk with your child about online safety—the earlier the better. Remember, if your child has access to a device/tablet, then they are at risk. Here are some quick tips:

- Think before you post. You are a model for your child.
- Remember you are not violating your child's privacy and security; tell them why you are monitoring their online use.
- Let your child know they can come to you for help.

## RESOURCES

- [Prevent Child Abuse Ky Internet Safety Training & Resources](#)
- [APA's Keeping teens safe on social media](#)
- [Digital Safety Resources in 20+languages from EndTAB](#)
- [StopBullying.Gov Resources](#)
- [S.T.O.P. Tipline](#)
- [Louisville Metro PD Internet Safety Tips](#)

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<sup>1</sup>Kentucky Department of Education. (2024). Kentucky Youth Risk Behavior High School Summary and Trends, 2023.

<sup>2</sup>Centers for Disease Control and Prevention. (2024). *Youth Risk Behavior Survey Data Summary & Trends Report: 2013–2023*. U.S. Department of Health and Human Services.