



Electronic Bullying



Did you know that **78%** of Kentucky high school students spend three or more hours a day in front of a screen*¹ (not including schoolwork)? This places them at increased risk for exposure to internet bullies. Electronic bullying (e-bullying or cyberbullying) has a lasting impact on students' mental and physical health, well-being, safety, and academic success. E-bullying can happen any time—24/7/365.

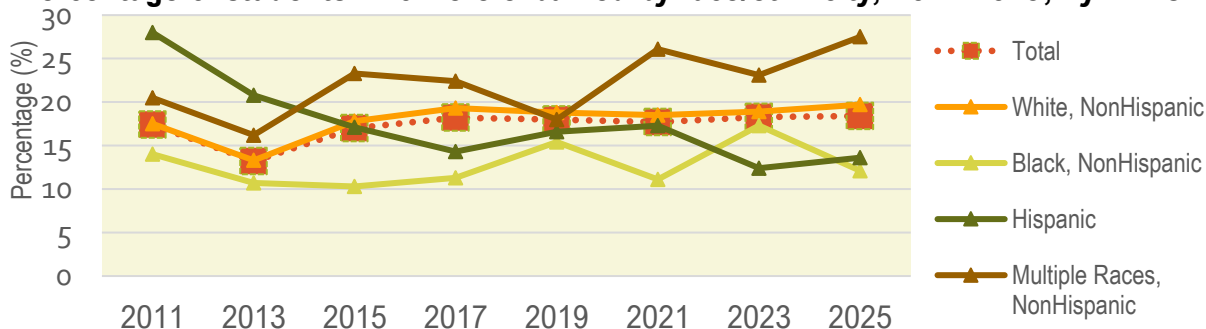
Students experience bullying through texting, Instagram, Facebook, and other social media platforms.

The Kentucky Youth Risk Behavior Survey (Ky YRBS) asks about all high school students' e-bullying incidents. E-bullying has **significantly increased among Kentucky high school students since 2011**.¹ In 2025, **18.4%** of students were e-bullied.

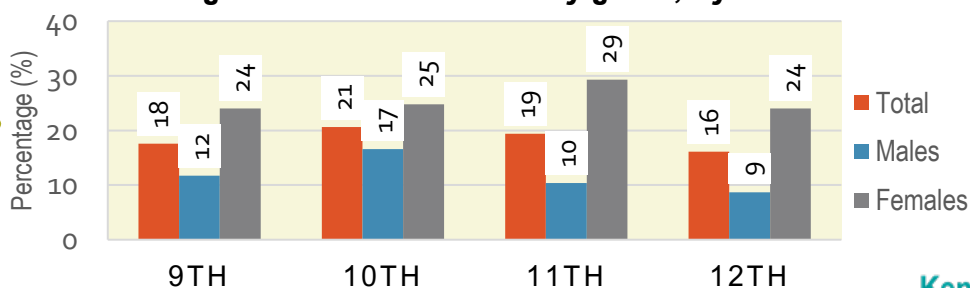
Students report change each year by demographic (sex, grade and race/ethnicity). In 2025, 25% of female and 12% of male students reported being e-bullied.¹

A significant spike above normal averages was found among White students from 2011 to 2025.

Percentage of students who were e-bullied by race/ethnicity, 2011-2025, Ky YRBS



Percentage of students e-bullied by grade, Ky YRBS 2025



More than one out of five 10th graders were e-bullied in 2025.

*Screen time includes being in front of a TV, computer, smart phone, or other electronic device.

¹Kentucky Youth Risk Behavior Survey (YRBS) 2025 High School Summary and Trends.

<https://kiprc.uky.edu/programs/adolescent-school-health>

Electronic Bullying Prevention Tips & Resources

Students:

Protect yourself online when using social media, email, and text messaging. 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 specific platform reporting steps.
- [StopBullying.gov Student Resources: What You Can Do](#)
- Call, text, or [chat with](#) the 988 for free, 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.
- Monitor your child's online use. Remember, you are not violating your child's privacy and security, explain to them why you are monitoring.
- Let your child know they can come to you for help.

Resources:

- [#DigitalBoundaries](#) by know2protect®
- [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 Police Department Internet Safety Tips](#)