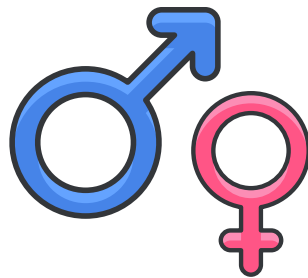# Protecting Teens from Themselves: Self-Cyberbullying

Self-cyberbullying (also known as digital self-harm) is a relatively new form of online self-abuse. It happens when teens anonymously post mean and hurtful comments about themselves.

Here's what we know about self-cyberbullies:

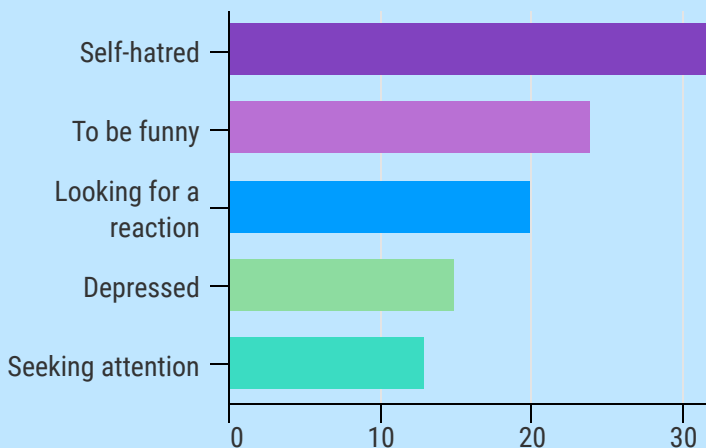They make up **6%** of students between **12 - 17**.

More males than females become self-cyberbullies.

They choose social media that allow anonymous messaging.

What are the top motivators for digital self-harm?

Self-hatred
To be funny
Looking for a reaction
Depressed
Seeking attention

0   10   20   30

Contributing factors can include sexual orientation, substance abuse and prior bullying.

What can parents and other adults do to help?

⭐ Monitor your teen's use of social media. Encourage your teen to talk to you about problems & feelings.

⭐ If you suspect your teen is being cyber-bullied, ask for help in detecting the source.

⭐ If necessary, seek out professional therapy. The following therapies can be helpful in treating self-harm:

☆ Cognitive behavioral therapy, and
☆ Dialectical behavior therapy.