



THE INVESTIGATOR

Cyberbullying on the Rise in 2020



About Us

Since 2000, BCSI Investigations Inc. has performed thousands of successful investigations. Our integrated team of investigators and support services ensure that the investigations are conducted in a timely fashion with leading edge techniques.

BCSI Investigations Inc. is considered the platinum standard of the industry based on the quality and the wide spectrum of its services as well as the expertise of the investigators.

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During the COVID-19 pandemic, there is an increase in children and teens using digital platforms. With social distancing firmly in place, numerous after school program/activities cancelled, and some students being taught remotely, it stands to reason that kids are going to be online now more than ever. Although cyberbullying has been around for a long time, we're living in unprecedented times and children's mental health is taking a toll. As a result, some kids are cyberbullying others to not only relieve stress, confusion, and anger, but also because they are bored. Cyberbullying feeds their need for attention—even if it's negative attention. In fact, across communication channels on social media and popular chat forums, a recent study identified a 70% rise in instances of hate speech between kids and teens.

Signs of cyberbullying may include:

- Change in moods
- A decline in grades
- Change in interests or lack thereof
- A change in eating habits and sleep patterns
- Feelings of helplessness or decreased self esteem
- Increased physical complaints (headaches, stomach upset, etc.)
- Kids and teens experience self-destructive behaviours such as running away from home, self-harm or talking about suicide.

What can a parent do to prevent cyberbullying?

- Know your technology. If you allow your children to carry cell phones, have TikTok or a Facebook page, or work with other technology, learn how to use them yourself.
- Set reasonable limits.
- Insist on privacy settings.
- Get to know your children's online friends.
- Urge your children never to disclose any information that would reveal who they are, where they live, or where they go to school.
- Being home all the time and not seeing friends, is especially difficult for children and teens. Consequently, encourage them to use FaceTime or Skype to talk to their friends
- Talk with your child about cyberbullying.
- Make sure your child understands that once they post something online, it doesn't go away.
- Let your child know you may take action if there's reason for concern.

What can a parent do if their child is being cyberbullied?

- If you do not already know, find out your school's cyberbullying policy.
- Do not respond to the cyberbullying. Let your child know that kids that bully crave attention, and replying to them gives them more power.



- Do not retaliate.
- Keep a record of everything. With cyberbullying, you have evidence right at hand if things were to escalate. If your child is ever a target, let them know they should save emails and take screen captures of the offending online posts or text messages.
- Block the person doing the bullying. This is one of the most effective ways your child can stop cyberbullying early. If the person doing the bullying's messages can't get to your child, they realize their efforts are futile. Most social networking sites, and email, provide ways to block users from your account.
- Tell someone. Encourage them to come to you, or even another trusted adult, should they ever become a target of cyberbullying.



BCSI has also investigated numerous cyberbullying incidents with a high level of success. Feel free to reach out to our firm if you or your child is the victim of cyberbullying at 604-9226572 or on our website at <https://www.picanada.ca/contact-us/>.



Contact Us

With over 20 years of experience in investigations, BCSI Investigations Inc. is the platinum standard for private investigations. Contact us at 604-922-6572 or visit our website at www.picanada.ca to learn more.



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