



SUPPORT FOR YOUNG PEOPLE. ANYTIME. ANYWHERE.

To: Local Educational Agency Leads, Directors of Nonpublic Schools
Route to: Principals, School Nurses, Staff Involved with Community Outreach, Students, Guardians and Parents
From: Liz Graham, Chief Executive Officer
180 Turning Lives Around/2NDFLOOR
Date: June 24, 2025
RE: July – Cyberbullying - 2NDFLOOR app

Dear colleague,

As Summer break begins for students, they may encounter more of the ongoing challenges of coping with cyberbullying, which unfortunately don't take time off. Anonymity, and the distance that social media provides, creates space for cyberbullies to say hurtful things they wouldn't dare say face-to-face.

New Jersey's youth can protect themselves by being aware of the signs of cyberbullying, such as receiving negative messages or being excluded from online conversations. These may be obvious, but some of the more subtle clues a youth is experiencing cyberbullying are that they are less active on social media, feeling anxious or afraid to make or share posts or even feeling unsafe. A few ways youth can protect themselves from cyberbullying are to set clear boundaries on interactions with peers, to learn more about privacy settings, to document any cyberbully occurrences, and to talk to a trusted adult for support and guidance.

2NDFLOOR is also available 24/7 to help! We can talk through what youth may be experiencing online and help to create a more fun and safer online experience this summer. We are available to chat anytime - about any topic.

Help us spread the word that it only takes a second to get professional support with the 2NDFLOOR app! Plus, our Community Message Board is a wonderful, safe place for young people to connect and offer each other support!

The app is anonymous, confidential, free and available 24/7/365. Youth can access the app at www.2NDFLOOR.org/download.



We are here 24/7 to support NJ youth as they face life's challenges - including cyberbullying.

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