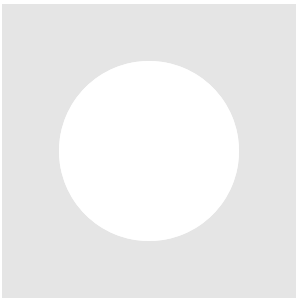


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EDUCATION

AI assisted bullying is on the rise; here's how to stop it

BY [BREANNA FUSS](#) | NEW YORK STATE

PUBLISHED 8:44 AM ET AUG. 27, 2025

BUFFALO, N.Y. — Qualms with classmates are nothing new. However, the form is always changing, and in today's world, our students are dealing with issues beyond the classroom.

This Wednesday, as we get you ready for back to school, we're focused on bullying. Let’s start with the definition of bullying: intentional distress, repeated

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- Are they coming home irritable, what about property damage?
- No longer wants to hang out with friends or do their extracurricular activities

Then comes the conversation. Stephanie Fredrick, the associate director of the [Alberti Center for Bullying Abuse Prevention](#), suggested you strike one up when your student is in a good mood and while doing something fun. She adds, try to avoid the word, "bullied." Be gentle with your words, ask how things are going and point out differences you'd notice in their moods.

What You Need To Know

- Researchers are seeing a rise in AI assisted bullying
- Verbal bullying is still the most common
- Health professionals warn of life-long mental health consequences if child is persistently bullied

Verbal bullying is still the most common. But Fredrick says last school year, there was a rise in AI being used to make fun, or embarrass peers.

"Every year we are seeing a rise in cyberbullying," Fredrick said. "But this past year, we really saw an increase in the use of AI in assisting with bullying to create images. So, I really caution parents to monitor and talk to their child about their device use, technology use, the apps, the platforms they're on, who they're talking to online. Don't let them isolate in their room with their phone. Technology is something we should use together."

Fredrick says a lot of bullies struggle with mental health challenges. She suggests they learn anger management skills, empathy building and trying to get counseling or therapy.

Fredrick says if your child is the one in question, approach the conversation the same way, and stay calm. She says their actions should have a meaningful consequence. Like taking away a device or saving money up to pay for property damage if that was the issue.

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