Cyberbullying

While connected platforms like social media, text messages, and game networks make it easier than ever to stay in touch with friends and family, they also present an opportunity for bullies to find targets. Keep reading to learn more about what cyberbullying is, the effect it can have on your teen, and how to protect them from such mistreatment.

The Effects of Cyberbullying

While your teen may have a normal experience when using online networks or texting others, these platforms offer bullies a way to harass others without face-to-face contact. Because of this, it can be hard to know when a teen is suffering from bullying.

Any type of bullying can lead to long-term emotional damage and health effects, so it's important to learn some common signs that your teen may be experiencing harassment, such as:

- Sudden changes in social routines and friendships
- Anxious or nervous behavior
- Uncertain feelings about attending school or social events
- Unexplained physical symptoms, such as unusual appetites, headaches, and weight changes

Preventing Cyberbullying

Follow these tips to protect your teen from cyberbullying:

- Instruct your child to never respond to bullying or harassment, and keep records of any offensive messages to use as evidence.
- Contact local law enforcement if your teen shows evidence of cyberbullying or harassment.
- Change the settings in online platforms so teens can only communicate with people they trust.
- Encourage your kids to consult an adult about cyberbullying or harassment, such as a family member or counselor.

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