



How to Comfort and Guide Your Child Through Cyberbullying

Is your child being bullied online? Despite being vigilant in regards to your child's wellbeing, would you know how to spot cyberbullying if your child never mentions it? Being able to answer these questions can mean the difference between protecting your child from serious emotional trauma, but many parents are in the dark when it comes to online harassment. If you think your child is being bullied online, here are some ways to help, courtesy of [UniversityParent](#).

Take Serious Steps to Protect Your Child from Cyberbullying

When it comes to cyberbullying, your child's health and safety should be a top priority. If you're new to this kind of harassment and think that's an overstatement, there are [many reasons](#) to think again. Bullying on social media and the internet is more severe than the bullying from

your own childhood because it is so pervasive in the victim's life. That's why you have to take their pain seriously and take proper measures to temper the situation.

Depending on the severity, you may even need to take legal action at some point. It's wise to document all instances of harassment as soon as you can. If your child is [threatened with violence online](#), you should contact local law enforcement. Based on the severity of the threat, the aggressor can be arrested (even if they made their comments on social media).

Know How to Spot Signs of Cyberbullying and Harassment

Teenagers and children tend to respond differently to bullying. Your child may feel hurt or embarrassed about the entire situation, which can [make it difficult](#) to talk to them about their experiences. Kids can have so many reasons why they don't want to talk to you about bullying. They may be afraid that the harassment will only get worse, or they may think they deserve it. That's why it's important for parents to be aware of the subtle signs of harassment.

As soon as your child begins using the internet, take steps to [monitor their presence](#) and activity so you will be alert to any sudden changes. If they have social media, extra profiles using their name or information can be a sign that someone is acting maliciously. Withdrawal and anger can be signs of bullying as well. It's also very important to watch for signs of suicidal thoughts in your child. Bullying is a leading cause of suicide among teens and children, with kids as young as [9 years old](#) being victimized to the point of taking their own lives.

Help Your Child Work Through Cyberbullying in a Constructive Way

Putting a stop to online harassment and confronting the assailants is only the first step in remedying a cyberbullying problem. As stated, your child is likely to be left with complicated and intense feelings. You will need some help to properly deal with the fallout around cyberbullying and to make sure things do not escalate again. Talking to teachers and school administrators about your child's issues can be a good measure for concerned parents to take.

Your [child's teachers](#) can at least keep an eye out for odd behaviors at school and act as a second line of enforcement for anti-bullying tactics. Parents and children working together can often resolve these issues since much of a child's life happens at school. To help your child heal, you may also want to consider therapy. A therapist can more easily guide your child through their feelings and find effective ways to [resolve any emotional trauma](#), including a decline in assertiveness and [anxiety issues](#). A therapist can also help build your child's [self-confidence](#) by making them less self-critical.

Social media can be a convenient way to stay connected with family and friends. For young victims of cyberbullying, however, the internet can be an inescapable source of pain. Instances of harassment are on the rise on the internet, and the consequences can be catastrophic, especially for teens and adolescents. So stay involved with your child's online life, watch out for signs of trouble, and take the appropriate measures to keep your child safe. They may not say so, but they're counting on you.

[UniversityParent](#) empowers parents with the information they need to maintain healthy relationships with their children and provide support throughout their educational experience. Check out our special resources for the parents of [high school](#) and [college](#) students.

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