



Cyberbullying tips for parents of teens

Cyberbullying among teens has become a pervasive issue, with hurtful messages and online harassment taking a significant toll on adolescents' mental well-being.

These tips offer guidance to parents on addressing the broader issue of cyberbullying – emphasizing communication, education, and support to protect teens from online harassment and promote responsible digital behavior.

- 1 Maintain open and honest communication with your teen about their experiences online.
- 2 Educate your teen about the consequences of cyberbullying, responsible online behavior, and the importance of treating others with respect.
- 3 Establish clear guidelines for technology use, rules for appropriate online conduct, and screen time limits.
- 4 Keep an eye on your teen's online activities, messaging platforms and social media accounts to identify and address any signs of cyberbullying.
- 5 Teach your teen about empathy – how to empathize with others and understand the impact of their words and actions online.
- 6 Teach your teen how to report and block individuals engaging in cyberbullying and instruct them to do so while emphasizing the importance of not retaliating.
- 7 Discuss coping strategies to deal with any negative experiences they may encounter online.
- 8 Find out what your teen's school does to address cyberbullying issues and support anti-bullying initiatives. Ask the school to take initiative if they have not.
- 9 Educate yourself about social media platforms and online trends to know what is going on within your teen's digital world.

Do you need help raising or supporting a teen?

Visit [wellthy.com](https://www.wellthy.com) to create your Wellthy account, start a Care Project, and connect with a dedicated care expert. This professional can collaborate with you to identify programs, mental health providers, and more to aid in your teen's development.