

CYBERBULLYING WARNING SIGNS

Below are some warning signs that your child/teen may be the target of cyberbullying. If you notice one or more of these signs, take immediate steps to identify and respond to what is upsetting your child/teen. By approaching the discussion with a gentle, supportive tone, asking questions and expressing your concern, you should be able to discover what is causing changes in your child's/teen's behavior.

Cyberbullying may be happening to your child/teen if you notice he or she...

- becomes upset, sad or angry during or after using the Internet or cell phone.
- withdraws from family or friends.
- expresses reluctance or refuses to participate in activities previously enjoyed.
- has an unexplained decline in grades.
- refuses to go to school or expresses anger or dissatisfaction with a specific class or school in general.
- increasingly reports symptoms of illness for which he or she wants to stay at home.
- shows signs of depression or sadness.

