

Bullying: From the schoolyards and into your home



The problem of bullying is not a new phenomenon. From the girls who snicker behind the other's back, to the boys who pick on the smaller kid in class, children of all ages have been bullying each other for generations. For an issue that has always been around, why is this problem not only growing in prevalence but increasing in severity? The simple answer is technology.

The Internet, smart phones, and social media allow us to be connected 24/7 if one allows. Children and teens are susceptible to be victimized at anytime and from anywhere. Meanwhile, it allows bullies to act out more so online than they might in person, often times without getting caught.

If you have a child who is in grade school or in high school listen up! Many parents assume that this is not a problem for their children. However, a recent study conducted by UCLA found that 3 in 4 children admitted to being bullied online at least once in the last year. Of those that were bullied, only 1 in 10 reported it to their parent or an adult. You might be wondering, "How do I protect my child?" Since social media has become a vital part of a child's social life, attempting to ban or shield your child from technology is unrealistic. However, what you can do is become familiar with social media sites, encourage responsible internet use from your child, and learn simple strategies to prevent and respond to cyberbullying. The following are resources, from the Cyberbullying Research Center, are for parents and for teens:

Resources for parents

Cyberbullying fact sheet: Identification, prevention, and response.
Preventing cyberbullying: Top ten tips for parents.
Cyberbullying scripts for parents to promote dialog and discussion.

Resources for teens

Preventing cyberbullying: Top ten tips for teens.
Safe and responsible social networking: Strategies for keeping yourself safe online.

You can access these resources and more at cyberbullying.org.

Connect with us for confidential support or to learn more

Access your EAP 24/7 by phone or web.

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