

Parenting Kids on Social Media



Here are 11 signs to watch for that *may* be warnings your teen is being cyberbullied (if they aren't being cyberbullied maybe something else is going on).

1. Hesitant to be online or unexpectedly stops or avoids using the computer
2. Nervous when an Instant Message, text or Email appears (watch your child's response)
3. Visibly upset, angry, or depressed after using the computer or cell phone
4. Hides or clears the computer screen or cell when you enter or doesn't want to talk about online activity
5. Starts using the computer when you're not in the room (a change in pattern)
6. Keeps going back and forth to check screen in shorter spurts
7. Withdraws from friends, wants to avoid school or peer activities or uneasy about going outside in general, pulls away from family members
8. Suddenly sullen, evasive withdrawn, marked change in personality or behavior
9. Trouble sleeping, loss of appetite, excessively moody or crying, seems depressed
10. Suspicious phone calls, e-mails and packages arrive at your home
11. Possible drop in academic performance or falls behind in schoolwork

The key is to look for a pattern in your child. You should not overlook a sudden change that is not your child's "normal" behavior that lasts at least every day for two weeks. But even then, trust your instincts. If you are concerned, don't wait. Talk to them and get help!

Taken from the post: <http://micheleborba.com/blog/michele-borba-blog-9-signs-of-cyberbullying-you-must-watch-out-for-in-kids/>