

CYBERBULLYING WARNING SIGNS



As a teacher, you play an important role in helping to keep your students safe. One of the important things you can do is to be aware of the signs that a child may be being cyberbullied. It's important to pay attention to when a child exhibits sudden changes in digital and social behavior. Some of the warning signs that a child may be involved in cyberbullying are:

- The child suddenly becomes withdrawn or isolated.
- The child has changes in their mood, such as becoming more angry or sad.
- The child starts to get headaches or stomachaches.
- The child starts to lose interest in activities they used to enjoy.
- The child starts to avoid school or social activities.
- The child starts to have problems with their schoolwork.

Cyberbullying can have a serious impact on a child's emotional and social well-being. It can lead to feelings of sadness, anxiety, depression, and even suicidal thoughts. If you suspect that a child in your school is being cyberbullied, there are a few things you can do:

- Talk to the child. Let them know that you are there to help and that you believe them.
- Report the cyberbullying to the school administration.
- Help the child develop a plan to deal with the cyberbullying.
- Provide the child with resources for getting help, such as the National Bullying Prevention Center.

By being aware of the signs of cyberbullying and taking steps to help, you can make a difference in the lives of your students.