

In this age of technology, mobile devices are like the extension of a hand. And since everyone is getting on social media, the risk of being a victim of cyberbullying is higher than ever. Your child, too, is at the risk of being a victim to such an insidious crime.

However, 90% of adolescents do not tell anyone that they are being cyberbullied. Here are the reasons why your child is not talking to you about his/her experiences.

- Embarrassed or ashamed to be a target:
Your child might feel embarrassed for becoming a target and admitting to it may make them feel powerless and immature. So instead of talking about it, they often choose to not share any information.
- Fear that bullying might get worse:
Your child might be afraid that if he/she talks about the cyber bullying incident to adults and they take steps against the crime, the bullying might get even worse.
- Feels like it is their responsibility to deal with it:
Your child may think that they should not bother an adult with their problems and try to fix the cyber bullying situation on their own.
- Do not see it as a big deal:
Cyber bullying most often has adverse effects on the mental health of a child. But your child may not understand the gravity of the situation, stay in denial and think of it as not that much of a big deal.

- Do not want to lose access to internet:
Your child may fear that they would lose access to the internet if they talk about being bullied online to you. So in fear of being “Digitally grounded”, they choose to not talk about it to adults.