

PARENTS CAN HELP PREVENT CYBERBULLYING IN MIDDLE SCHOOL

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Cyberbullying is a severe issue that can cause emotional distress and harm to children. It is a form of bullying that uses digital technology, mobile devices, and social media. It causes stress to children and concerns to parents in educating how to handle intimidation. Cyberbullying can also be via text messages, e-mails, online message boards, and chat rooms. In middle school, cyberbullying can happen, and unfortunately, sometimes, the school is unable to detect it, and parents and guardians are unaware of how to prevent cyberbullying. Here are some tips for families in Chicago to help prevent and address cyberbullying in middle schools:

1. **Teach your child about online safety:** Discuss with your child the importance of protecting personal information online and not sharing passwords or personal details with strangers.
2. **Encourage responsible social media use:** Encourage your child to use social media responsibly and not to engage in cyberbullying or other harmful behaviors. Help them understand that the things they post online can have long-term consequences.
3. **Monitor your child's online activity:** Keep an eye on your child's online activity and social media use. This can help you identify any issues early and address them before they escalate. Finding the right balance is not always easy.
4. **Stay connected with your child's school:** Stay connected with your child's school and teachers to stay informed about any issues that may arise. Report any incidents of cyberbullying to the school and work with them to address the issue.
5. **Remember to be at least 50% involved in the academic success of your child.** You as mom, dad, or guardian are the key person in your children academic achievement.
6. **Create a supportive environment at home:** Create a supportive and open environment at home where your child feels comfortable talking to you about any issues they may be facing online or at school.
7. **Seek professional help if necessary:** If your child is experiencing emotional distress as a result of cyberbullying, seek professional help from a mental health professional or counselor.

Remember that cyberbullying can have serious consequences and it's important to act if you suspect your child is being bullied online. By taking these steps, you can help keep your child safe and prevent cyberbullying in middle schools in Chicago.