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Guest Post: Cyberbullying & What Parents Need To Know

September 22, 2014 By [ManagedMoms.com](#) [Leave a Comment](#)

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Manic: Today's technology and social media can be especially manic in the hands of our youth. Sadly, one of the byproducts of today's 24/7 online life is what is called cyberbullying.

Managed: Welcoming today's guest writer, Dr. Lisa Strohman, a clinical psychologist who specializes in educating parents and children on the effects of technology overuse or addiction, to share her expertise on this scary subject. Lisa not only has some great tips on this from a professional perspective, but also as a concerned parent as we all try to navigate our parenting skills through today's very different online world. There is some terrific information here about what to look for and what to do when it comes to cyberbullying, so definitely read this. To my knowledge, my children have not been affected by this awful trend, but I read every word of her article so that I'm informed just in case.

And Dr. Strohman will offer a free seminar for parents called The Impact of Technology on Brain Development on Monday, October 13th. If you are interested in attending, details on the event follow this article.

Dr. Strohman says:

Cyberbullying: What Parents Need to Know

By Dr. Lisa Strohman JD, PhD



Bullying has always been a part of growing up, but now these bullies are able to follow children into their homes, hiding behind the Internet. Thanks to 24/7 connections anyone can be a victim of cyberbullying. Zaida Williams, Robyn Williams' daughter was recently driven away from her social media accounts after being harassed on Twitter and Instagram following the death of her father.

The definition of cyberbullying can vary, but any child that is harassed, humiliated, embarrassed, tormented, threatened, or otherwise targeted by another minor using technology would be considered a victim of cyberbullying. As a parent, I am terrified by what is occurring and as a professional psychologist I am committed and focused on providing tools and resources to help other parents understand the often dark and secret world our children are exposed to.

Statistics on Cyberbullying

- Nearly one in four teens has experienced cyberbullying
- Approximately one in six teens have admitted to cyberbullying others
- Only 1 in 10 teens tell their parents if they have been a victim of cyberbullying

What Makes a Child Prone to Becoming a Cyberbully

- Low self-esteem
- Suicidal ideation
- Feelings of anger or frustration
- Peer pressure from friends

Signs Your Child is Cyberbullying Others

- Avoids discussion about what they are doing online
- Gets unusually agitated if their computer access is restricted
- Uses multiple online accounts

Signs Your Child is Being Cyberbullied

- Unexpectedly stops using the computer
- Appears nervous when receiving text messages, emails or other online notifications
- Appears angry, depressed or frustrated after going online
- Becomes withdrawn from friends and family members

What You Can Do

- Create a feeling of trust between you and your child
- Assure your child if they come to you they will not lose their access to technology

Finally, understand that technology is an amazing tool and gift that we are privileged to have access to. It is about teaching balance, establishing open communication, and loving your children enough to question and talk through the issues they will face online. For more information on what protections are in place in your state you can refer to www.stopbullying.gov/laws.

About our guest writer:



Dr. Lisa Strohmman is a clinical psychologist who specializes in educating parents and children on the effects of technology overuse or addiction. Visit technologywellnesscenter.com to learn more and to take her proprietary Technology Use Continuum (TUC) assessment to gauge a child's risk for technology addiction or overuse.

Details on Free Seminar:

THE IMPACT OF TECHNOLOGY ON BRAIN DEVELOPMENT

Free seminar for parents Monday, October 13th

WHAT: Brain Rewired will be the first seminar in the monthly seminar series hosted by Dr. Lisa Strohmman, a clinical psychologist and founder of the Technology Wellness Center. The philosophy of Technology Wellness Center is to approach the issue of technology addiction in a comprehensive holistic way that provides practical solutions instead of diagnostic labels. Dr. Lisa will discuss how technology is affecting the development of children's brains and share insight on what parents need to know and tips on what they can do. Presentation includes an assessment tool for parents to measure their child's risk related to technology use. Dr. Lisa will be joined by Dr. Melissa Westendorf, co-founder of the Technology Wellness Center. Light refreshments will be served.

WHEN: Monday, October 13th, 2014 - 6:30 – 7:30 p.m.

WHERE: LifeScape Medical Associates @ 8757 E. Bell Rd. in Scottsdale, Ariz. 85260

WHO: The event is open to parents, educators and adults working with children. Registration is required, as there will be limited seating available.