Cyberbullying, which usually means one teen or group of teens taunting or spreading rumors about a peer time occurrence, but rather happened repeatedly. Cyberbullying can lead to anxiety, depression, loss of in-

Monumental efforts are being made to address this issue. Kara Caudle, an osteopathic family physician in Little Rock, Ark. and bullying expert, in a news release. "Even though there

U.S. children are being cyberbullied by trolls. In fact, a recent study found that one in six parents knew their child had been the victim of a cyberbully. Some of the kids

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Kara Caudle said. "I've worked with hundreds of kids who have been bullied over the years, and I've seen firsthand the devastating effects of cyberbullying. These kids often feel alone, vulnerable, and ashamed, and it can be difficult for them to express their feelings."

Other parents have shared their stories of seeing their children's faces on cyberbullying websites and receiving hurtful messages through social media. "It's not just the internet, it's everywhere," said one parent. "They feel like they can't escape.

Caudle added, "We need to be there for our kids. We need to teach them how to communicate their feelings, how to defend themselves, and how to report bullying."

The American Academy of Pediatrics (AAP) has released a new policy statement on cyberbullying. The statement encourages parents to talk to their children about online safety and how to handle bullying.

"Cyberbullying is a serious issue that needs to be addressed by both the parents and the schools," said AAP president, Dr. David L. Nelson. "We must ensure that our children are equipped with the skills and knowledge to navigate the online world safely and responsibly."

Caudle echoed Nelson's sentiment. "The AAP's policy statement is an important step towards addressing cyberbullying. Parents, schools, and communities must work together to create a safe and supportive environment for all children.

In the past, bullying was seen as a problem that only affected the school environment. But with the rise of social media and the internet, bullying has become a global issue.

It's important for parents to stay informed and engaged in their children's lives. They should monitor their children's online activity, talk to them about what they see and hear online, and teach them how to handle bullying.

Parents can also help by setting a good example. They should model positive behavior and treat others with respect and kindness.

"Our children are our future," said Caudle. "We need to teach them values of empathy, compassion, and respect. We need to help them become the kind of people who can make the world a better place.

The AAP's policy statement is a strong step towards achieving this goal. We must continue to work together to create a safer and more inclusive online environment for all children."