



CALEB

INSURANCE GROUP

CYBER SAFETY

STAYING SAFE ON SOCIAL MEDIA

Nearly 60% of teenagers have been bullied online, While connected platforms like social media, text messages and game networks make it easier than ever to stay in touch with friends and family, they also present an opportunity for bullies to find targets.

Any type of bullying can lead to long-term emotional damage and health effects, it's important to learn some common signs of harassment:

- sudden changes in social routines and friendships
- anxious and nervous behavior
- uncertain feelings about attend school or social events
- unexplained physical symptoms, such as unusual appetites, headaches and weight changes

Use these tips to address or avoid cyber bullying:

- never respond to bullying or harassment, keep records of any offensive messages to use as evidence.
- contact law enforcement
- change settings in online platforms so teens can only communicate with people they know and trust
- encourage adolescents to talk to an adult about harassment, such as a family member or counselor.

Cyber Bullying Insurance Coverage

A number of insurance carriers now offer coverage for expenses associated with cyber bullying, usually an endorsement on a homeowners or renters insurance policy and can reimburse a family for emotional damage, psychiatric services, damaged reputations and more.

calebinsurancegroup.com

281-395-9400

22214 Highland Knolls Dr.

Katy, Texas 77450

