

# Help Prevent Bullying

Parents are often caught unaware when their teen is being bullied. It is a struggle that is not easily resolved without the support of an adult. Learn how to protect your kids from bullying and harassment, abuse, and online risks. The [Canadian Red Cross](#) and [Government of Canada](#) offers many supports to parents seeking information on prevention and support.



# Digital Parenting

The digital world is an entirely new universe for teens to explore. It offers an alternate reality and opportunity for young people to meet others online.

But when does this become a problem? There is information and support for teens who have an online addiction. Check out these websites:

[Game Quitters](#)

[How to be a Good Digital Parent](#)

[Tech Addiction](#)

[Cyberbullying Research Center](#)