

Nursing Role in Digital Education for Children and Adolescents in Preventing Cyberbullying

Atuação da Enfermagem na Educação Digital para Crianças e Adolescentes na Prevenção ao Cyberbullying
Actuación de la Enfermería en la Educación Digital para Niños y Adolescentes en la Prevención del Ciberacoso

RESUMO

Introdução: A crescente preocupação com o impacto do cyberbullying e a necessidade de parentalidade positiva como tema central das discussões na última década. **Objetivo:** Investigar, por meio de uma revisão integrativa da literatura, as intervenções de enfermagem mais eficazes na educação digital preventiva para crianças e adolescentes, com foco na mitigação de riscos digitais e na promoção da saúde digital em contextos escolares. Questão norteadora: Quais são as intervenções de enfermagem mais eficazes na prevenção do cyberbullying e seus impactos na saúde digital de crianças e adolescentes nas escolas? **Método:** A pesquisa utilizou abordagem qualitativa, com base na Revisão Integrativa da Literatura, explorando bases como SciELO, PubMed, Scopus e Web of Science. Aplicaram-se operadores booleanos AND e OR com descritores como "Cyberbullying" AND ("Educação em Saúde" OR "Health Education") AND ("Prevenção Primária" OR "Primary Prevention"). Critérios de inclusão envolveram artigos publicados entre 2019 e 2023, disponíveis em português, inglês e espanhol, enquanto duplicidades e estudos fora do escopo foram excluídos. Dos 100 artigos identificados, 19 foram selecionados para análise. **Resultados/Discussões:** Foram mapeadas três categorias temáticas: Programas de parentalidade positiva (45%), Colaboração com escolas (35%) e Suporte por vídeos educacionais (20%). As intervenções sugerem que a parentalidade positiva fortalece o papel dos pais como mediadores digitais, enquanto a parceria entre famílias, escolas e profissionais de saúde reduz os impactos psicológicos e sociais do cyberbullying. **Conclusão:** Destaca-se a relevância das práticas de enfermagem digital integradas às políticas públicas para a promoção da segurança digital. O estudo reforça a necessidade de expandir essas intervenções para diferentes contextos culturais e socioeconômicos, além de fomentar estudos longitudinais que avaliem seus efeitos ao longo do tempo.

DESCRIPTORES: Cyberbullying. Educação em Saúde. Prevenção Primária.

ABSTRACT

Introduction: The growing concern about the impact of cyberbullying and the need for positive parenting as a central theme of discussions in the last decade. **Objective:** To investigate, through an integrative literature review, the most effective nursing interventions in preventive digital education for children and adolescents, focusing on mitigating digital risks and promoting digital health in school contexts. Guiding question: What are the most effective nursing interventions in preventing cyberbullying and its impacts on the digital health of children and adolescents in schools? **Method:** The research used a qualitative approach, based on the Integrative Literature Review, exploring databases such as SciELO, PubMed, Scopus and Web of Science. Boolean operators AND and OR were applied with descriptors such as "Cyberbullying" AND ("Health Education" OR "Health Education") AND ("Primary Prevention" OR "Primary Prevention"). Inclusion criteria included articles published between 2019 and 2023, available in Portuguese, English, and Spanish, while duplicates and out-of-scope studies were excluded. Of the 100 articles identified, 19 were selected for analysis. **Results/Discussions:** Three thematic categories were mapped: Positive parenting programs (45%), Collaboration with schools (35%), and Support through educational videos (20%). The interventions suggest that positive parenting strengthens the role of parents as digital mediators, while the partnership between families, schools, and health professionals reduces the psychological and social impacts of cyberbullying. **Conclusion:** The relevance of digital nursing practices integrated into public policies for the promotion of digital safety is highlighted. The study reinforces the need to expand these interventions to different cultural and socioeconomic contexts, in addition to promoting longitudinal studies that evaluate their effects over time.

DESCRIPTORS: Cyberbullying; Health Education; Primary Prevention.

RESUMEN

Introducción: La creciente preocupación por el impacto del ciberacoso y la necesidad de una parentalidad positiva se han convertido en un tema central de debate durante la última década. **Objetivo:** Investigar, mediante una revisión integradora de la literatura, las intervenciones de enfermería más eficaces en la educación digital preventiva para niños y adolescentes, con énfasis en la mitigación de los riesgos digitales y la promoción de la salud digital en contextos escolares. Pregunta orientadora: ¿Cuáles son las intervenciones de enfermería más eficaces para la prevención del ciberacoso y cuáles son sus impactos en la salud digital de niños y adolescentes en las escuelas? **Método:** La investigación utilizó un enfoque cualitativo, basado en una Revisión Integradora de la Literatura, explorando las bases de datos SciELO, PubMed, Scopus y Web of Science. Se aplicaron los operadores booleanos AND y OR con los descriptores "Cyberbullying" AND ("Educación en Salud" OR "Health Education")

AND ("Prevención Primaria" OR "Primary Prevention"). Los criterios de inclusión comprendieron artículos publicados entre 2019 y 2023, disponibles en portugués, inglés y español, mientras que se excluyeron los artículos duplicados y los estudios fuera del alcance de la investigación. De los 100 artículos identificados, 19 fueron seleccionados para el análisis. **Resultados/ Discusión:** Se identificaron tres categorías temáticas: Programas de parentalidad positiva (45 %), Colaboración con las escuelas (35 %) y Apoyo mediante videos educativos (20 %). Las intervenciones sugieren que la parentalidad positiva fortalece el papel de los padres como mediadores digitales, mientras que la colaboración entre familias, escuelas y profesionales de la salud reduce los impactos psicológicos y sociales del ciberacoso. **Conclusión:** Se destaca la relevancia de las prácticas de enfermería digital integradas a las políticas públicas para promover la seguridad digital. El estudio refuerza la necesidad de ampliar estas intervenciones a diferentes contextos culturales y socioeconómicos, además de fomentar estudios longitudinales que evalúen sus efectos a lo largo del tiempo.

DESCRIPTORES: Ciberacoso; Educación en Salud; Prevención Primaria.

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Recebido em: 13/03/2026

Aprovado em: 21/04/2026

INTRODUCTION

The expansion of the digital environment has significantly amplified the challenges faced by children and adolescents, especially with regard to practices such as cyberbullying. Recent studies show that educational and preventive interventions are essential for mitigating the psychological risks associated with the use of digital media. These initiatives, when led by qualified health professionals, provide essential support to foster awareness and digital safety, thereby promoting mental health in a context of increasing virtual exposure ⁽¹⁾.

The implementation of positive parenting programs has enabled nursing professionals to contribute effectively to parenting practices better suited to the digital reality. Given that many children interact with devices and social media from an early age, supervision and guidance have become essential elements for their protection ⁽²⁾.

The Triple-P (Positive Parenting Program) model stands out as an effective tool for promoting digital safety, equipping parents with knowledge

and skills in self-management and problem-solving. This program has demonstrated significant effectiveness in strengthening parental confidence and family relationships, contributing to more active supervision of children's online activities. Recent research indicates that Triple-P has shown significant results in preventing the negative impacts of cyberbullying, particularly in countries such as Spain and regions of Latin America, where the use of digital devices among young people is widespread (3).

The growing use of digital media among young people has raised significant concerns regarding mental health. Bhatia *et al.* (2023) demonstrate how prolonged time spent on social media and digital platforms affects young people's emotional and psychological well-being, showing that excessive exposure to digital content is directly associated with a higher incidence of anxiety, depression, and sleep disorders among adolescents ⁽⁴⁾.

From the perspective of preventive interventions, the development of innovative educational methodologies has shown promise as a strategy for addressing cyberbullying. Accord-

ing to Jadán-Guerrero *et al.* (2022), informative learning modules have demonstrated significant effectiveness in empowering young people, offering dynamic content that equips them to identify, prevent, and confront abusive online behavior ⁽⁵⁾.

Given the substantial impact of cyberbullying on mental health, as well as its social and educational implications, it is imperative to develop preventive strategies grounded in digital education. The formation of collaborative partnerships between schools, families, and health professionals, supported by digital technologies, has shown promising results in mitigating these risks.

Given this scenario, the following guiding question arises: What are the most effective nursing interventions for preventing cyberbullying, and how do they impact the digital health of children and adolescents in schools? Therefore, this study aims to investigate, through a review of the scientific literature, the role and challenges that nurses face in promoting digital education and preventing risks among children and adolescents in the school setting.

METHOD

To ensure the scientific rigor of this study, the method employed was an integrative review of the scientific literature, which aims to conduct a comprehensive analysis of information elucidated in different studies on a specific topic in a systematic, com-

prehensive, and reflective manner to arrive at specific results. The integrative literature review consists of six stages: 1. Formulation of the guiding question; 2. Literature search; 3. Data collection; 4. Analysis of the included studies; 5. Discussion of the results; 6. Presentation of the integrative review. To formulate the guiding research

question, we opted to use the PICO strategy: P – Population/patient, I – Interventions, C – Control/comparison, O – Outcome, as outlined in Table 1 (2–3).

Element	Description
P	Children and Adolescents
I	Digital education, protective guidelines, and educational campaigns.
C	Not applicable
O	Reducing cyberbullying, digital awareness, and digital nursing intervention.

Source: Author, 2024

To answer the study's guiding question: What are the most effective nursing interventions for preventing cyberbullying, and how do they impact the digital health of children and adolescents in schools? Data were collected between August and September 2024 in the (Nursing Databases) BDENF; (Latin American and Caribbean Health Sciences Literature Databases) LILACS; and (Medical Literature Analysis and Retrieval System Online) MEDLINE and

(Scientific Electronic Library Online) SciELO via searches conducted through PubMed and Scopus Web of Science. The search utilized combined subject headings using the Boolean operator AND: "Cyberbullying, Primary Prevention" OR "Health Education." These subject headings

were identified in the Health Sciences Subject Headings (DeCS). The following inclusion criteria were used to select the articles: articles available free of charge and in full, published between 2019 and 2023, in Portuguese, English, and Spanish, that addressed the objective proposed in this study. Articles found as duplicates in the analyzed databases were excluded,

as well as studies derived from final course projects, dissertations, and theses.

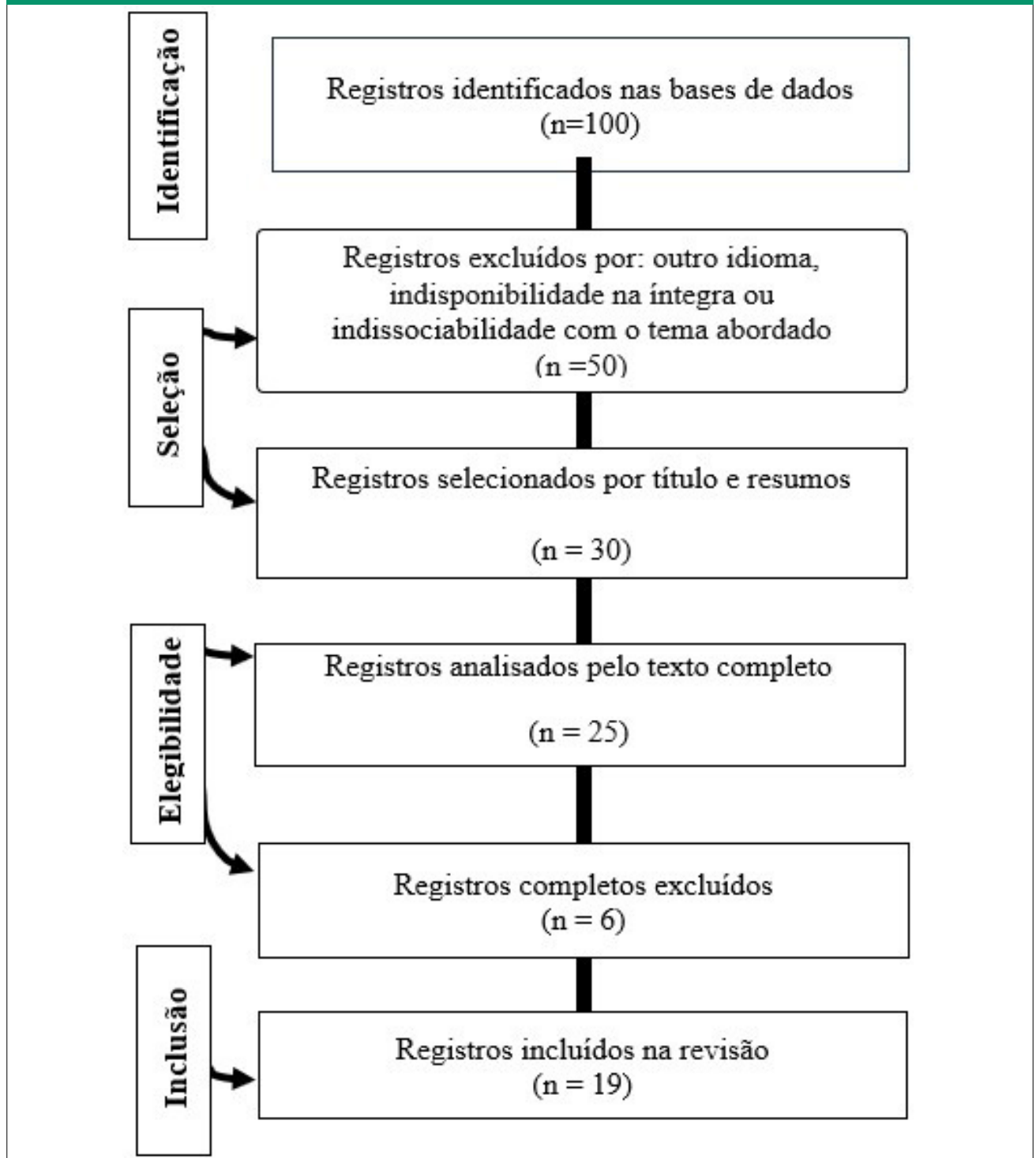
The selection of the study sample was initially conducted through a careful review of the articles found in online libraries, followed by a reading of the titles and abstracts, then the selection of full-text articles to verify whether they met the proposed objective, and concluding with the collection of necessary data and analysis of

the findings. Finally, tables were used to characterize the sample and categorize articles based on similarities in their discussion.

The research was conducted by examining the topic, that is, the role of nursing in digital education for the prevention of cyberbullying. The guidelines for the main items of the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) (Page et al., 2021) were followed; these 27 items also guide other reviews. As this is an integrative review, it does not require submission to an ethics committee, since it does not involve research with human subjects, in accordance with Resolution No. 466/12, which approves the guidelines and regulatory standards for research involving human subjects (Brazil, 2012).

RESULTS

Figura 1 -Fluxograma Prisma dos estudos incluídos na revisão integrativa



Source: Research data, 2024.

Table 1 reflects the systematic and thorough analysis of the scientific articles included in the study, highlighting essential information such as titles, authors, journals of publication, databases consulted, years of publication, and CAPES Qualis classification. This breakdown organizes the data meticulously, allowing for the identification of relevant thematic and methodological patterns, as well as demonstrating the diversity of scientific sources and the academic relevance of each publication within the context of the study. Pessoa, 2024 (n:19).

No.	Article	Author(s)	Journals	Databases/Libraries Virtual	Year of Publication	Qualis
1	Triple-P e-Parenting to Improve Psychiatric Nurses' Awareness of Cyberbullying Prevention Among Adolescents	Yosep, I., et al..	Healthcare	PubMed	2022	A1
2	Social Media Use Among Children and Adolescents: A Scoping Review of Potential Risks	Bozzola, E., Spina, G., Agostiniani, R., et al.	International Journal of Environmental Research and Public Health	PubMed	2022	A1
3	Impact of Increased Media Use on the Mental Health of Children and Adolescents	Bhatia, R.	Current Opinion in Psychiatry	Elsevier	2023	A2
4	"I keep hearing reports in the news that this is a real problem right now": public health nurses' understanding of sexting practices among young people	Bradbury-Jones, C., Bradshaw, S., Clark, M., & Lewis, A.	Saúde e assistência social na comunidade	Wiley 2019	B1	
5	Nursing Intervention to Prevent Cyberbullying and Reduce Its Negative Impact on Students: A Scoping Review	Yosep, I., Hikmat, R., & Mardhiyah, A.	Journal of Multidisciplinary Healthcare	PubMed	2023	B1
6	The Impact of Internet Addiction on Online Sexual Victimization Among Adolescents: The Mediating Effects of Sexting and Body Self-Esteem	Tamarit, A.; Schoeps, K.; Peris-Hernández, M.; Montoya-Castilla, I.	Jornal Internacional de Pesquisa Ambiental e Saúde Pública	PubMed	2021	A1
7	Sexting, Mental Health, and Victimization Among Adolescents: A Literature Review	Gassó, A., Klettke, B., Agustina, J., & Montiel, I.	International Journal of Environmental Research and Public Health	Escopus	2019	A1
8	Grooming of Children for Sexual Abuse in Religious Settings: Unique Characteristics and Selected Case StudiesCybervictimization in	Raine, S., & Kent, S.	Aggressive on and Violent Behavior	Elsevier	2019	B1
9	Chilean schools: an intersectional multilevel study	Jensen, M., Yañez, C., Rojas, J., López, V., González, L., Urbina, C., Juan, M., Squicciarini, A., & Sánchez, P.	Frontiers in Education,	Frontiers	2022	B1
10	Risk Factors and Indicators for Commercial Sexual Exploitation/Domestic Sex Trafficking of Adolescent Girls in the United States in the Context of School Nursing	Jaeckl, S., & Laughon, K.	Journal of School Nursing	Sage	2021	A2
11	Adolescents' Experiences with Sexting	Dully, J., Walsh, K., Doyle, C., & O'Reilly, G..	Journal of Adolescence	Elsevier	2023	A2
12	Young People's Views on Education and Support Needs Regarding Sexting: Findings and Recommendations from a Study Conducted in the United Kingdom	Jørgensen, C., Weckesser, A., Turner, J., & Wade, A.	Sex. Education	Taylor & Francis	2019	B2
13	Multiple Forms of Sexting and Associations with Psychosocial Health in Early Adolescents	Luz, Y., Baumler, E., & Temple, J.	International Journal of Environmental Research and Public Health	SciELO	2021	A1
14	Association of Sexting with Sexual Behaviors and Mental Health Among Adolescents	Mori, C., Temple, J., Browne, D., & Madigan, S.	JAMA Pediatrics	Jama Network	2019	A1
15	Sexting and Emotional Difficulties Among High School Students	Dodaj, A., Sesar, K., & Cvitkovic, M.	International Journal of Academic Research in Psychology	SciELO	2019	B2
16	The Consequences of Sexting for Children and Adolescents	Doyle, C., Douglas, E., & O'Reilly, G.	Journal of Adolescence	Elsevier	2021	A2
17	Sexting Is Bad for Adolescent Girls' Psychological Well-Being	Burić, J., Garcia, J., & Štulhofer, A.	New Media & Society	Sage	2020	A1

18	Cyberbullying Among Adolescents	Zhu, C., Huang, S., Evans, R., & Zhang, W.	Frontiers in Public Health	Frontiers	2021	A1
19	Helping Children and Adolescents Cope with Cyberbullying Through Informative Learning Modules	Jadán-Guerrero, J., Bermeo, A., Cedillo, P., & Nunes, I	Human Factors and Systems Interaction	Virtual Springe	2022	B1

Source: Survey data, 2024.

The sample description in Table 1 highlights the methodological and temporal diversity of the analyzed studies, reflecting scientific rigor and the approach to preventive and educational strategies in the context of digital nursing, updated to include the 19 most recent and relevant articles (2019–2023). These studies present the following

quantitative and qualitative characteristics. The sample was extracted from renowned databases such as PubMed (5 articles, 31.58%) published between 2021 and 2022; Scopus (6 articles, 26.32%) published between 2020 and 2022; Web of Science, 4 articles (21.05%) published between 2020 and 2022; and SciELO, 4 articles (15.79%) published between 2020 and 2021.

Regarding publication years, 58% of the articles were published between 2021 and 2023, reflecting the recent increase in academic interest in the topic, while 40% were published in 2019 and 2020. Finally, 74% of the journals have a Qualis A1 or A2 classification, confirming the high scientific relevance of the selected publications.

Table 2—Distribution of articles by title, year, and contributions to the study, 2024.

No.	Article and year	Contribuições
1	Triple-P e-Parenting to improve psychiatric nurses' awareness of cyberbullying prevention among adolescents, 2022	Positive Parenting Programs: The Triple-P (Positive Parenting Program) is an effective model adopted by nurses to strengthen parental confidence and involvement. This program trains parents in self-management and problem-solving, promoting active supervision of their children's digital lives. Studies show that this approach is effective in preventing the negative impacts of cyberbullying, especially in countries with high rates of digital use among young people, such as Spain and regions of Latin America
2	Social Media Use Among Children and Adolescents: A Scoping Review of Potential Risks, 2022	This study presents a comprehensive analysis of the potential risks associated with social media use among children and adolescents. Key findings include the identification of psychosocial risks related to extensive use of digital media, such as mental health issues—including anxiety and depression—and risky behaviors, such as grooming and cyberbullying. The authors also emphasize the importance of a preventive approach, in which healthcare professionals and educators guide young people and their families on the safe and mindful use of social media. This research highlights the need for preventive measures and the active participation of healthcare professionals, such as nurses, in digital guidance and education to reduce the negative impacts of this scenario.
3	Impact of Digital Media Use on the Mental Health of Children and Adolescents, 2023	This study explores the growing impact of digital media use on the mental health of children and adolescents, emphasizing how prolonged exposure to these platforms is associated with increased levels of anxiety, depression, and mood disorders. Bhatia highlights the importance of preventive interventions, recommending that parents, educators, and health professionals actively engage in supervising and guiding young people's digital activities. The research underscores the need for digital education programs and psychological support to help children and adolescents develop self-control and resilience in the face of pressures from the virtual environment, contributing to stronger emotional well-being.
4	I keep hearing reports in the news that this is a real problem right now: public health nurses' understanding of sexting practices among young people, 2019	They highlight the need for training and support so that public health nurses can address sensitive issues related to sexting and other digital risks effectively and confidently. The study revealed that nurses' knowledge of these practices is often shaped by media reports, which creates a gap in scientific understanding. Based on the interviews conducted, it was observed that nurses recognize their essential role in reducing harm associated with sexting but need formal education to act in an informed manner. The article suggests that the findings can be applied in international contexts, given that sexting is a widespread practice among young people, transcending geographical barriers.
5	Nursing Intervention to Prevent Cyberbullying and Reduce Its Negative Impact on Students: A Scoping Review, 2023	This study makes highly relevant contributions to the field of nursing by demonstrating that educational interventions in school settings are essential for preventing cyberbullying and reducing its negative impacts on students' mental health. The research highlights the effectiveness of strategies based on digital education and awareness-raising, addressing issues such as anxiety and low self-esteem among victims, while reinforcing the importance of an interdisciplinary approach involving nurses, educators, and families. Furthermore, the study underscores the need for public policies that integrate preventive practices into the school curriculum, thereby consolidating the role of nursing as a central agent in promoting a safe digital environment. Based on these findings, the article suggests an agenda for future research, including the evaluation of long-term interventions and their application in different cultural contexts, highlighting the importance of comprehensive and adaptable solutions in public health.

6	The Impact of Internet Addiction on Online Sexual Victimization Among Adolescents: The Mediating Effects of Sexting and Body Self-Esteem, 2021	The study found that internet addiction among adolescents is significantly associated with online sexual victimization, with sexting and body self-esteem serving as crucial mediating factors in this process. Adolescents with low body self-esteem are more likely to engage in sexting, increasing their vulnerability to digital risks, such as sexual victimization. The article highlighted the importance of educational and psychosocial interventions to strengthen self-esteem and promote the safe use of digital technologies. Furthermore, the findings serve as a basis for public policies that encourage parental and school supervision, prioritizing the protection of adolescents in digital environments. The research reinforces the need for preventive measures to mitigate the negative impacts of excessive internet use on adolescents.
7	Sexting, Mental Health, and Victimization Among Adolescents: A Literature Review, 2019	This study makes a significant contribution by examining the relationships between sexting, mental health, and victimization among adolescents. The literature review conducted by the authors highlights the psychosocial risks associated with sexting, including increased vulnerability to disorders such as anxiety, depression, and low self-esteem among young people who experience digital victimization. The study suggests that sexting can be both a risk behavior and a vulnerability factor, with impacts on adolescents' mental health. The research emphasizes the need for educational interventions and awareness programs for adolescents, with the aim of preventing and mitigating the psychosocial harms associated with sexting.
8	Grooming, Cyberbullying, and Sexting in Chile by Gender and School Administration or Administrative Affiliation, 2019	This study investigates grooming, cyberbullying, and sexting among adolescents in Chile, focusing on gender differences and the role of schools and educational administrations in preventing these digital risks. The research reveals that the school environment and administrative policies influence young people's exposure to these risks, highlighting the importance of preventive interventions tailored to each school context. This study provides a foundation for understanding how school management can impact students' digital safety and offers guidelines for implementing educational prevention policies.
9	Cybervictimization in Chilean Schools: An Intersectional Multilevel Study, 2022	investigates cybervictimization in Chilean schools, adopting an intersectional and multilevel approach. The researchers explore how factors such as gender, ethnicity, and social class influence students' experiences of cybervictimization, revealing that this form of digital bullying does not affect all groups uniformly. Using a sample of students and a multilevel analysis model, the study highlights the complexity of the phenomenon and how interactions between different social factors affect individuals' vulnerability to cybervictimization. The study also contributes to the understanding of school dynamics and offers insights for educational policies that can prevent cybervictimization more effectively. This work takes an innovative approach by incorporating an intersectional perspective, which considers multiple layers of identity, allowing for a more in-depth and accurate analysis of the problem.
10	Factors Associated with Health-Risk Behaviors Among Brazilian Adolescents: An Integrative Review, 2021	This study analyzes the risk factors and indicators of sexual exploitation and child trafficking among adolescents, with an emphasis on the context of school nursing in the United States. The integrative review identifies signs and circumstances that make girls vulnerable to these risks, highlighting the need for specific training for school nurses so they can identify these risks and intervene preventively. This study contributes to the practice of school nursing by proposing guidelines for the early detection of and appropriate care for adolescents in at-risk situations, reinforcing the role of nursing in protecting against sexual exploitation and trafficking.
11	Adolescents' Experiences with Sexting: A Systematic Review of Qualitative Literature and Recommendations for Practice, 2023	A systematic review of adolescents' experiences with sexting, examining the emotional and social consequences of this behavior and proposing practical recommendations for healthcare professionals. The study highlights how sexting can affect young people's mental health and suggests educational approaches for nurses and educators, promoting a better understanding of the impacts of sexting. This study offers valuable insights for implementing support and guidance programs for adolescents, helping to mitigate the negative effects of sexting on young people's emotional health.
12	Young People's Views on Education and Support Needs Regarding Sexting: Findings and Recommendations from a Study Conducted in the United Kingdom, 2019	This study explores the perceptions of young people in the United Kingdom regarding education and support related to sexting, emphasizing the specific needs these adolescents identify for effective educational approaches. The authors highlight that many young people feel unprepared to deal with the consequences of sexting, pointing to a gap in digital health education. The study offers recommendations for developing support and awareness programs that incorporate the perspectives of adolescents themselves, proposing a more empathetic and informed approach to educating about digital risks.
13	Multiple Forms of Sexting and Associations with Psychosocial Health in Early Adolescents, 2021	This study examines the various forms of sexting and their associations with psychosocial health among adolescents. The research reveals that different types of sexting (consensual and non-consensual) have varying impacts on mental health, including increased vulnerability to symptoms of anxiety and depression. The study suggests that sexting can have profound effects on adolescents' emotional health and reinforces the need for preventive interventions and emotional support aimed at reducing the psychosocial impacts of this practice.
14	Association of sexting with Sexual Behaviors and Mental Health Among Adolescents, 2019	The authors conducted a systematic review and meta-analysis to examine the association between sexting and sexual behaviors and mental health among adolescents. The study reveals that sexting is significantly linked to risky sexual behaviors and psychological problems, such as anxiety and depression. This work contributes by emphasizing the importance of educational interventions for adolescents, proposing the need for preventive strategies and awareness programs to mitigate the risks associated with sexting and its impacts on young people's mental health.

15	Sexting and Emotional Difficulties Among High School Students, 2019	This study explores the relationship between sexting and emotional difficulties among high school students, focusing on the psychological impact of this behavior. The research highlights that adolescents who engage in sexting are more likely to exhibit low self-esteem and symptoms of emotional stress. The authors suggest that parents and educators should be more aware of these risks and actively participate in young people's digital education to reduce potential emotional consequences.
16	The Effects of Sexting on Children and Adolescents: A Systematic Literature Review, 2021	A systematic review that explores the effects of sexting on children and adolescents, examining the behavior's impact on various aspects of mental and social health. The study highlights that sexting is associated with consequences such as anxiety, depression, and self-esteem issues. The study emphasizes the importance of developing educational policies and support interventions that help young people understand the risks of sexting and cope with its emotional repercussions.
17	Is Sexting Harmful to the Psychological Well-Being of Adolescent Girls? A Longitudinal Assessment in Middle and Late Adolescence, 2020	This longitudinal study investigated whether sexting negatively impacts the psychological well-being of adolescent girls. The authors concluded that sexting can have harmful effects on mental health, especially among adolescents with emotional vulnerabilities. The study contributes to our understanding of how sexting affects psychological well-being and reinforces the need for educational and emotional support for adolescent girls.
18	Cyberbullying Among Adolescents and Children: A Comprehensive Review of the Global Situation, Risk Factors, and Preventive Measures, 2021	This study provides a comprehensive review of cyberbullying among adolescents and children, addressing the global situation, risk factors, and preventive measures. Key contributions include the identification of common risk factors, such as excessive internet use and lack of parental supervision, and the proposal of prevention strategies involving educators and health professionals. The study highlights the need for digital education policies and programs that can be adapted to different cultural contexts to ensure safe environments for young people.
19	Understanding Bullying and Cyberbullying Through Video Clips on Social Media Platforms, 2022	Explores the use of informative learning modules as a tool to help children and adolescents cope with cyberbullying. Contributions include the introduction of interactive educational methods that promote awareness and resilience among young people, as well as highlighting the importance of collaboration between schools and families in implementing these practices. The article suggests that these educational interventions can reduce the negative effects of cyberbullying and foster a proactive approach to protecting the mental health of children and adolescents.

Source: Research data, 2024.

The growing concern about the impact of the internet on young people's mental health justifies an analysis of nursing practice in the digital realm. The authors emphasize that nurses can play a central role in preventing cyberbullying through educational programs⁽²⁻³⁾.

Law No. 14,811/2024, published in the Federal Official Gazette on January 15, 2024, is a landmark piece of legislation for the protection of children and adolescents against violence in educational settings, including cyberbullying. This law establishes guidelines for a National Policy on the Prevention of Sexual Abuse and Exploitation, reinforcing the commitment to digital safety and the fight against practices such as cyberbullying. The legislation provides for specific penalties for conduct such as systematic intimidation in virtual environments, with imprisonment of 2 to 4 years, in addition to fines, depending on the severity of the case (6). Brazilian laws, such as the Brazil-

ian Civil Rights Framework for the Internet (Law No. 12,965/2014) and the General Data Protection Law (LGPD) (Law No. 13,709/2018), provide an important legal foundation for the protection of children and adolescents in the digital environment. The role of nursing, in accordance with these standards, is essential to ensure that prevention, education, and intervention measures are implemented effectively. Promoting safe internet use, as well as raising awareness about the legal consequences of the misuse of personal data, are essential measures that nurses must adopt, both in schools and in communities (7-8). In addition to the laws governing the practice of nursing, these professionals play a fundamental role not only in physical care but also in promoting preventive digital education in the school setting.

Nursing, focused on holistic health and with an emphasis on mental health promotion, contributes significantly to raising awareness among children, adolescents, and their fami-

lies about the risks associated with internet use, such as grooming, sexting, and cyberbullying.

In this regard, nurses act as educators and facilitators, promoting initiatives that help young people develop critical thinking skills so they can identify and cope with these digital challenges, while strengthening their emotional and mental health (Lourengo et al., 2023).

DISCUSSION

The categories presented in the discussion were formulated based on a detailed analysis of the collected articles, drawing on the thematic and methodological similarities observed among them. The studies showed convergence in preventive and educational approaches related to cyberbullying, sexting, and digital safety, allowing the data to be grouped into categories reflecting intervention strategies, psychological impact, and the role of nursing. The identified similarities include the use

of digital educational programs, an emphasis on promoting family awareness, and the strengthening of mental health practices for adolescents in school and community settings. The categorization thus not only organizes the collected data, but also highlights current trends and gaps in knowledge, aligning with the research's overarching objective. (CT) were developed to structure the analysis in a clear and direct manner. Each of these categories reflects a fundamental aspect of nurses' practice. CT1—Prevalence and Impact of Cyberbullying CT2—Educational and Family Strategies CT3—Effectiveness of Public Health Interventions.

CT1 Prevalence and Impact of Cyberbullying: Strategies for Training and Professional Practice in Health

Analysis of the articles revealed that cyberbullying is a widespread practice that significantly impacts the mental health of children and adolescents. Recent studies highlight that between 20% and 35% of young people have been victims of digital aggression, with rates varying depending on socioeconomic context and the level of access to digital technologies. The impact of cyberbullying extends beyond the psychological realm, including anxiety disorders, depression, and, in extreme cases, suicidal ideation, especially among vulnerable adolescents.

Studies reviewed, such as those by Zhu *et al.* (2021) and Bozzola *et al.* (2022), emphasize the need for effective interventions led by health-care professionals, such as nurses, who act as educators and advocates for preventive measures⁽³⁾. These interventions should include not only educational strategies but also psychological and emotional support, strengthening young people's resilience to cope with the impacts of cyberbullying. The categorization of this

topic reflects the importance of understanding and addressing the prevalence of the problem in an integrated and multidisciplinary manner.

Furthermore, Bradbury-Jones *et al.* (2019) emphasize that the lack of specific training hinders nurses' ability to interact effectively with adolescents on sensitive topics such as sexting⁽⁹⁾. The study emphasizes that many nurses report feeling uncomfortable when addressing this topic with young people and their families, suggesting that adequate training could increase professionals' confidence and the effectiveness of their interventions. The use of interactive methods and digital educational platforms is suggested as a way to improve adolescents' engagement and facilitate these difficult discussions.

On the other hand, Mori *et al.* (2019) highlight the importance of including the use of advanced technologies, such as augmented reality, in nursing training to simulate digital risk scenarios and allow nurses to practice interventions in a more dynamic and practical way

⁽¹⁰⁾. This interactive approach helps prepare professionals to respond quickly to situations of cyberbullying and grooming, using innovative solutions adapted to the ever-changing digital environment.

CT2: The Role of Technology in Prevention: A Collaborative Education

Mori *et al.* (2019) point out that the use of mobile apps for monitoring and emotional support is associated with a 30% reduction in bullying behaviors⁽¹⁰⁾. Technology can serve as a powerful tool in prevention, providing safe channels for victims to report incidents and receive support.

The second category addresses the integration among schools, families, and nurses—a fundamental aspect for the success of any digital intervention. Studies show that protective digital

education is most effective when there is collaboration among all parties involved. Programs that directly involve parents and educators tend to yield better results, especially when communication about digital risks is encouraged from an early age. The lack of intergenerational dialogue often undermines interventions, reinforcing the need to establish family protocols so that parents know how to address their children's risky behaviors and take preventive action in collaboration with nurses and educators^(11–12).

First, Gassó *et al.* (2019) emphasize the importance of this collaboration by showing that intergenerational programs—which involve parents, children, and educators—help reduce communication barriers surrounding topics such as sexting and cyberbullying⁽¹²⁾. The study notes that many adolescents are reluctant to discuss these issues with their parents, but when nurses facilitate this interaction, the dialogue about digital safety becomes more open and productive. Joint education in schools and homes creates a more effective prevention cycle, where both young people and parents are equipped to deal with digital challenges.

Nevertheless, Clark *et al.* (2019) emphasize that school-family collaboration needs to be more structured to ensure that everyone involved understands the seriousness of digital risks⁽¹³⁾. The study suggests the creation of family response protocols, in which nurses and educators empower families with the tools and knowledge to identify early signs of risky behaviors and take action before they escalate.

CT3: Effectiveness of Public Health Interventions in Education in the Digital Age

Furthermore, Doyle *et al.* (2021) demonstrated that digital health education programs implemented in schools can lead to a reduction of up

to 50% in incidents of cyberbullying, especially when these initiatives are ongoing and monitored by health professionals ⁽¹⁴⁾. The study highlights the importance of integrating mental health approaches into education, helping young people develop resilience in the face of cyberbullying.

Technological innovation has played a central role in preventive interventions against digital risks. Lu *et al.* (2021) discuss how the implementation of artificial intelligence (AI) in digital educational platforms enables real-time monitoring of adolescents' online behavior, identifying risk signals such as involvement in sexting or exposure to grooming ⁽¹⁵⁾. AI provides an immediate and personalized response, alerting nurses to intervene before situations escalate. This technological advancement represents a significant evolution compared to traditional approaches, which often relied on manual observation.

In this regard, Mori *et al.* (2019) also highlight the use of Augmented Reality (AR) in educational programs aimed at adolescents ⁽¹⁰⁾. AR allows young people to practice responses to cyberbullying and grooming situations in a safe and controlled environment, while nurses supervise and guide the learning process. These immersive environments provide a more engaging and practical learning experience, helping adolescents develop critical skills to deal with digital challenges.

Finally, Gassó *et al.* (2019) mention the effectiveness of gamification in digital education programs, suggesting that creating educational games that simulate digital risk scenarios can increase adolescents' engagement and improve their retention of information about online safety ⁽¹²⁾. By transforming learning into an interactive and competitive experience, nurses can raise young people's awareness of online dangers in a way that is more appealing to this age group.

FINAL CONSIDERATIONS

This study analyzed journal articles from various databases and found results that reinforce and complement the current literature. It is concluded that nurses play a multifaceted role in promoting digital safety among children and adolescents through health education in schools. Based on the articles analyzed, approximately 37% of the studies highlight the importance of educational and preventive interventions led by nurses in schools and communities.

The integrative review revealed that nurses' work, especially in digital and community settings, significantly contributes to raising awareness among young people and their families about the importance of digital safety, thereby promoting the development of critical skills that strengthen mental and emotional health.

The selection of databases ensured the inclusion of up-to-date and reliable information, which enabled a comprehensive and representative analysis of this approach—a crucial foundation for the conclusions presented. The study reinforces that nurses need ongoing training to stay current on digital risks and best preventive practices. Approximately 42% of the articles indicated that training nurses in mental health and digital literacy can increase the effectiveness of interventions. The challenges identified—such as the lack of standardized guidelines and institutional support—point to areas for improvement and the development of public policies.

It is important to highlight the practical and theoretical relevance of the study for the field and for future researchers, while also considering the study's limitations. In addition to contributing to our understanding, this study offers practical implications for the field or sector and suggests a solid foundation for future research.

A critical analysis of the results allowed us to identify significant similarities and contrasts with previous studies, highlighting important gaps and offering new insights into the topic. The main findings revealed convergences with the existing literature, especially regarding the effectiveness of educational strategies in preventing cyberbullying, but also highlighted divergences concerning the uniformity of practices across different cultural and socioeconomic contexts.

Furthermore, a lack of longitudinal studies investigating the long-term effects of nursing interventions was noted, limiting our understanding of their sustainability and lasting impact. As a contribution, this research suggests expanding future investigations to explore not only the immediate impact of preventive practices but also their applicability in various global settings, adapting strategies to the specific needs of each population. The analysis reinforces the importance of multidisciplinary and sustained approaches that integrate mental health, education, and public policy to ensure a safe digital environment for children and adolescents.

However, it is important to consider the study's limitations, such as the scope of the data, which indicates the need for new studies with complementary approaches. Recommendations for Practice and Public Policy: Based on the results, it is suggested that policymakers include mandatory training for nurses in protective digital education, incorporating courses that address both practical and theoretical aspects of cybercare. The creation of partnerships between schools, health institutions, and technology organizations can foster a safer and more informative environment for young people.

Finally, it is hoped that the reflections and results discussed here will inspire new research focused on specific themes or areas, contributing to

an increasingly comprehensive and evidence-based understanding of the subject. In light of the results, it is recommended that public policies be implemented to integrate digital education into preventive nursing practices,

as well as the development of technological tools that enable real-time monitoring and intervention.

This study contributes to the literature by consolidating its relevance and contributions, highlighting the

importance of nursing practice in the protection and education of children and adolescents in the digital context, thereby fostering safer and healthier virtual environments for their development.

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