



## **Roots Adolescent Renewal Ranch Explains What Is Sadfishing and Why It Is Common Among Teen Daughters**

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Roots Adolescent Renewal Ranch, a dual diagnosis treatment center in Argyle TX, that is focused on females ages 13 to 17, has recently released a blog post titled, "What Is Sadfishing, and Why Does It Appeal to Our Teen Daughters?" While sadfishing does happen with adults, it is more frequently observed in teens and tweens who are preoccupied with social media. They believe that their sad posts on social media where they reveal that they are sad and hurting or something is bothering them will gain the attention of their friends. And by receiving sympathetic reactions from friends, they expect to feel better. Unfortunately, sadfishing will actually make things worse for them, which is why Roots Renewal Ranch takes this seriously and offers help to adolescent women.

Zoey Schwolert from Roots Adolescent Renewal Ranch says, "There is a mental health crisis facing our teens today. 314,000 Texas tweens and teens have depression right now. Sometimes, our daughters experience big, scary feelings that they don't know how to express in healthy ways. They turn to social media because it's what they know. Your daughter might turn to social media before she turns to you, and that's normal. Unfortunately, sadfishing is risky because the post might be seen by people who are not really

her friends, especially if the privacy settings have not been properly set. Girls who are feeling sad and hopeless are frequently targeted by online predators.?

Online predators may be able to gain vital personal information by pretending to be someone who can offer help. They may be able to get phone numbers, photos, and even the home address of their troubled victims. In addition, sadfishing may also open them up to bullying. Unfortunately, teenage girls are not yet mature enough to understand that not everyone is like them. Instead of being sympathetic, these people may just harass and ridicule the person who is sad and feeling hopeless. A teenage girl already struggling with anxiety or even depression will feel devastated by the bullying.

There are a number of things that parents of teen daughters who are sadfishing can do. First of all, they need to make sure that they are able to see her posts. Second, they need to make her aware that there are online predators and bullies. Third, they should avoid shutting down her social media accounts. Shutting them down will only cause resentment. Fourth, parents should show her where she can safely express her feelings online. There are indeed places online where this can be done, such as private support groups, private messaging friends, and confidential online journals. And fifth, they should try to practice active listening instead of offering advice outright.

At Roots Adolescent Renewal Ranch, they have expert staff who are able to apply evidence-based methods to help teenage girls overcome their challenges. Parents who have come to realize that their teen daughters are having problems with anxiety or depression and need professional help are encouraged to contact the treatment center.

Established in 2021, Roots Adolescent Renewal Ranch is a residential, dual-diagnosis treatment center in Argyle, TX, that is focused on adolescent women ages 13 to 17. Their goal is to assess and treat the whole child, biologically, psychologically, spiritually, and socially. Their operation is based on the belief that their future-focused education program, immersive family systems element, relationship-centered approach, and extensive aftercare program are key elements in preparing the teen girls for renewal and lifelong recovery. Their facility is strategically positioned on a six-acre ranch and its major parts are a 6,000-square-foot home and a 1,200-square-foot barn. The facilities provided offer a healing environment for adolescent girls to allow them to learn skills that will help them live their lives to the fullest in the future.

People who would like to get more details about the services offered by the Roots Renewal Ranch can check out their website or contact them through the telephone or via email. They can be contacted 24 hours a day, at any day of the week.

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For more information about Roots Adolescent Renewal Ranch, contact the company here: Roots Adolescent Renewal Ranch Zoey Schwolert 888-399-0489 info@rootsrenewalranch.com 819 Indian Trail Argyle, TX, 76226

## **Roots Adolescent Renewal Ranch**

*Roots Adolescent Renewal Ranch is a mental health and substance use facility for adolescent girls ages 13-17 located in Texas.*

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