


CYBERBULLYING

BULLYING BEHIND THE SCREEN

AGENDA

- **What is cyberbullying?**
 - **Prevalence of cyberbullying**
 - **Warning signs**
 - **Preventing cyberbullying**
 - **Questions**
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WHAT IS CYBERBULLYING?

Cyberbullying is:

- The act of tormenting, threatening, harassing, humiliating, embarrassing, or targeting someone through the use of technology.
- Acts are **repeated** and demonstrate a **difference in power** between the bully and the target.

Cyberbullying can take place through:

- Texting
- Instant messaging
- Social Networks
- Email




PREVALENCE


- 95% of teens ages 12-17 are online
- 69% of teens have their own personal computer or smart phone
- 80% of teens use social media sites
- 88% of those on social media have witnessed people being cruel or mean
- 95% of those who have witnessed cruel behavior reported that they have seen others ignore it

- Only 7% of parents are worried about cyberbullying!

TYPES OF CYBERBULLYING

- **Harassment:** Repeatedly sending rude and insulting messages
 - **Denigration:** Spreading untrue information about someone through messaging, posting, email, or distributing altered photos.
 - **Flaming:** Online arguments or fighting using angry and inappropriate language.
 - **Impersonation:** Hacking into someone's personal account and sending hurtful messages to others.
 - **Outing and Trickery:** Sharing someone's secrets or tricking them into revealing secrets or personal information online.
 - **Cyber-stalking:** Repeatedly sending threatening or intimidating messages to someone causing them to fear for their safety.
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TYPES OF CYBERBULLIES

- **Power Hungry:** Attention seeking, wants control by intimidation
 - **Retaliating Victim:** Was bullied in the past and is seeking revenge
 - **“Mean Girl”:** Bullies for entertainment, wants to increase popularity
 - **Vengeful Angel:** Seeks revenge on behalf of others, aims to protect those who are being bullied, doesn't see themselves as a bully
 - **Inadvertent Cyberbully:** Uses the internet carelessly, bullying is not intentional
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WHAT MAKES CYBERBULLYING DIFFERENT?

- **Information can be distributed to the masses at unprecedented speeds.**
 - The number of individuals involved can escalate very quickly
- **There is no escape**
 - Internet and social media are accessible 24/7
 - The bullying doesn't stop once a student leaves school
- **Online communication provides anonymity; people make comments they normally would not make in person.**
 - Often more vicious and cruel than in-person comments
- **Teens are reluctant to report cyberbullying in fear that their internet or cellphone privileges may be taken away.**
 - Taking away privileges show that you believe the bullying is their fault.

EFFECTS OF BULLYING

- **Depression and Anxiety**
 - Increased feelings of sadness
 - Changes in sleep patterns
 - Loss of interest in previously enjoyed activities
- **Health Complaints**
 - Frequent request to come home from school “sick”
 - Headaches, stomach aches
- **Decreased academic achievement**
 - Less participation in class
 - Decreased concern for homework or grades

WARNING SIGNS OF CYBERBULLYING

- **Teens may be experiencing cyberbullying if they:**
 - Unexpectedly stop using their devices
 - Appear nervous or jumpy when on their device
 - Are uneasy about going to school
 - Appear angry, depressed, or frustrated after going online
 - Become withdrawn from their usual friends and activities
 - Frequently want to come from from school, claiming they are “sick”
 - Become secretive about online activities
- **This list is not all inclusive, and many of these “symptoms” may be signs of face-to-face bullying as well.**
 - Just because your child may exhibit some of these signs does not mean they are being bullied, but they are cause for investigation.

WARNING SIGNS OF A CYBERBULLY


- **Teens may be cyberbullying others if they:**
 - Quickly switch screens or attempt to hide their device around adults
 - Use their device at all hours of the night
 - Laugh excessively when using their device and will not show you what they think is funny
 - Avoid discussions of what they are doing online
 - Are demonstrating increased behavioral issues or disciplinary actions at school
 - Begin to hang out with the “wrong crowd”
 - Appear overly conceited with their technological abilities
- **Just because your child exhibits some of these signs does not necessarily mean they are a cyberbully, but they are cause for concern.**

WHAT IF MY CHILD IS BEING CYBERBULLIED?







RESPONDING TO CYBERBULLYING

- **Make sure your child is safe and feels safe**
 - **Investigate the bullying**
 - Do not jump to conclusions
 - Document any proof (messages, pictures, texts)
 - **Do not immediately take away internet/phone access**
 - This does not address the core issue
 - **Talk to your child about the issue**
 - Understand your child's point of view
 - Ask what they would like to see happen
 - **Work with the school**
 - Administrators, counselors, social workers
 - **Avoid taking matters into your own hands**
 - Do not retaliate or address the cyberbully's parents directly
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PREVENTING CYBERBULLYING

- Know what your kids are doing online
 - Understand the sites they visit and apps they use
 - Tell your kids you may monitor/view their online activity
 - “Follow” or “Friend” your child on social media
 - Encourage them to come to you with problems, telling them you will not take away their phone or computer for confiding in you
 - Establish rules about technology at home
 - Understand your school’s technology policy
 - Rules of technology use and penalties for irresponsible use
 - Available in the student handbook
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RESOURCES

- **Bullying report forms can be found on the School City of Whiting website**
 - [SCW Report Form](#)
 - **School Counselor, School Social Worker, or Child Needs Specialist**
 - High School: Selene Giron (School Counselor)
 - Middle School: Cheryl Sopo (Social Worker)
 - Elementary School: Kelly Perfect (Child Needs Specialist)
 - **Bullying Behind the Screen Website**
 - [Website Link](#)
 - **List in handout includes:**
 - Community Centers
 - Library
 - Websites
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QUESTIONS

REFERENCES

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