

Cyberbullying: Awareness and Prevention for Educators



Question #1

T or F:

Youth who experienced traditional bullying or cyberbullying, as either an offender or a victim, had more suicidal thoughts and were more likely to attempt suicide than those who had not experienced such forms of peer aggression.



True



False



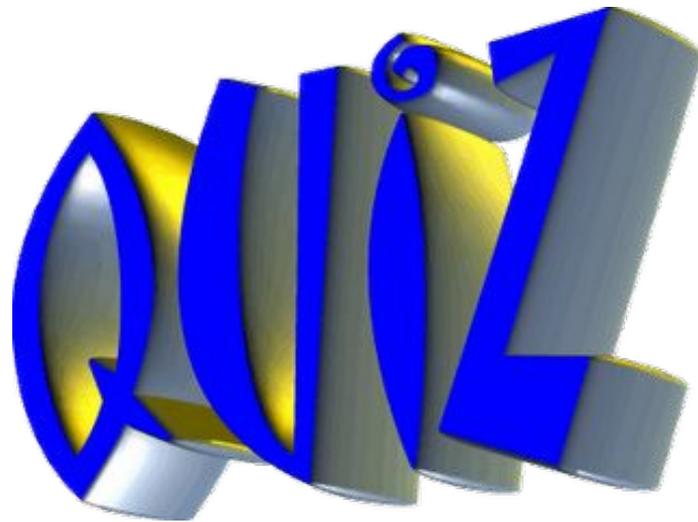
True.

19% reported attempting suicide.
(Hinduja, 2010)

Question #2

T or F:

28% of students reported being cyberbullied in their lifetimes (ages 10 to 18)



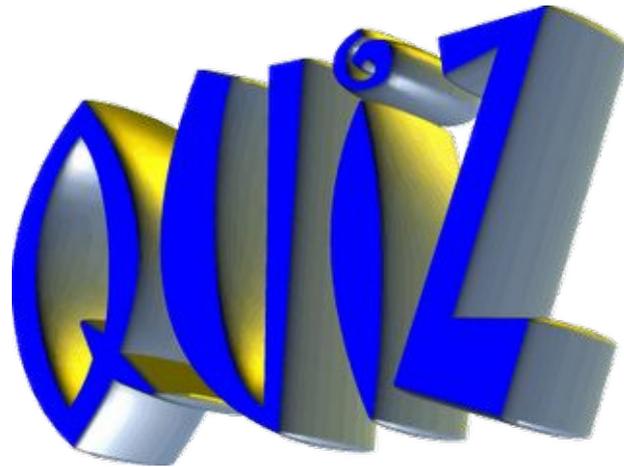


(Hinduja and Patchin, 2015)

Question #3

T or F:

SMART phones are the most common type of technology that students use to cyberbully others





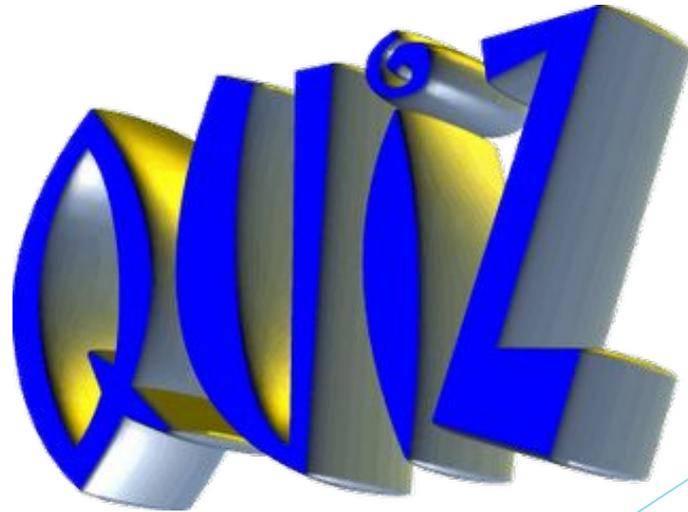
83%

(Hinduja and Patchin, 2010)

Question #4

T or F:

Traditional schoolyard bullies are more likely to become electronic bullies.

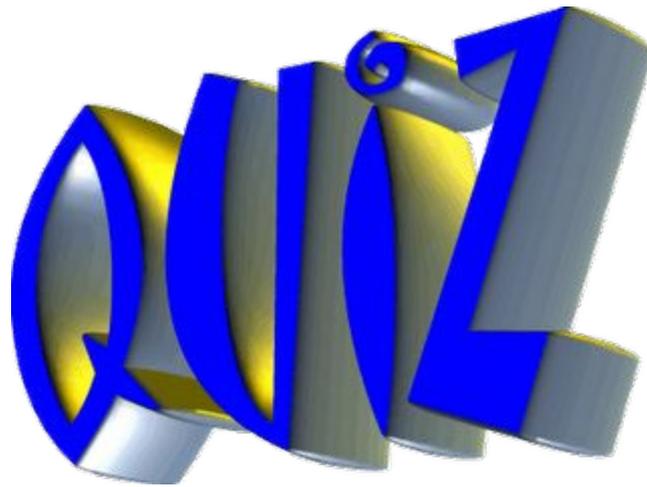


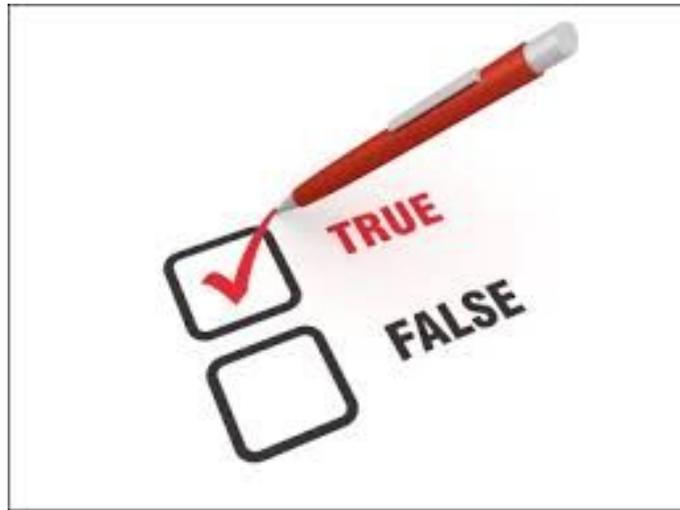
true

According to an article published in Deviant Behavior, traditional bullies are 2.5 times more likely to become electronic bullies.

Question #5

T or F: The motivation for students' engaging in cyberbullying is the same as that which motivates those who engage in offline bullying.





Bullying gives the student a sense of power over his/her victim.

What is cyberbullying?

- ▶ Communication or posting by one or more persons using cybertechnology or digital media designed to hurt, threaten, embarrass, annoy, blackmail, or otherwise target another person
- ▶ Cyberbullying is willful and repeated bullying behavior that takes place using electronic technology. It can involve text, gaming devices, internet, social media, emails, blogs, cell phones, etc.

Electronic communications

How prevalent is cyberbullying?

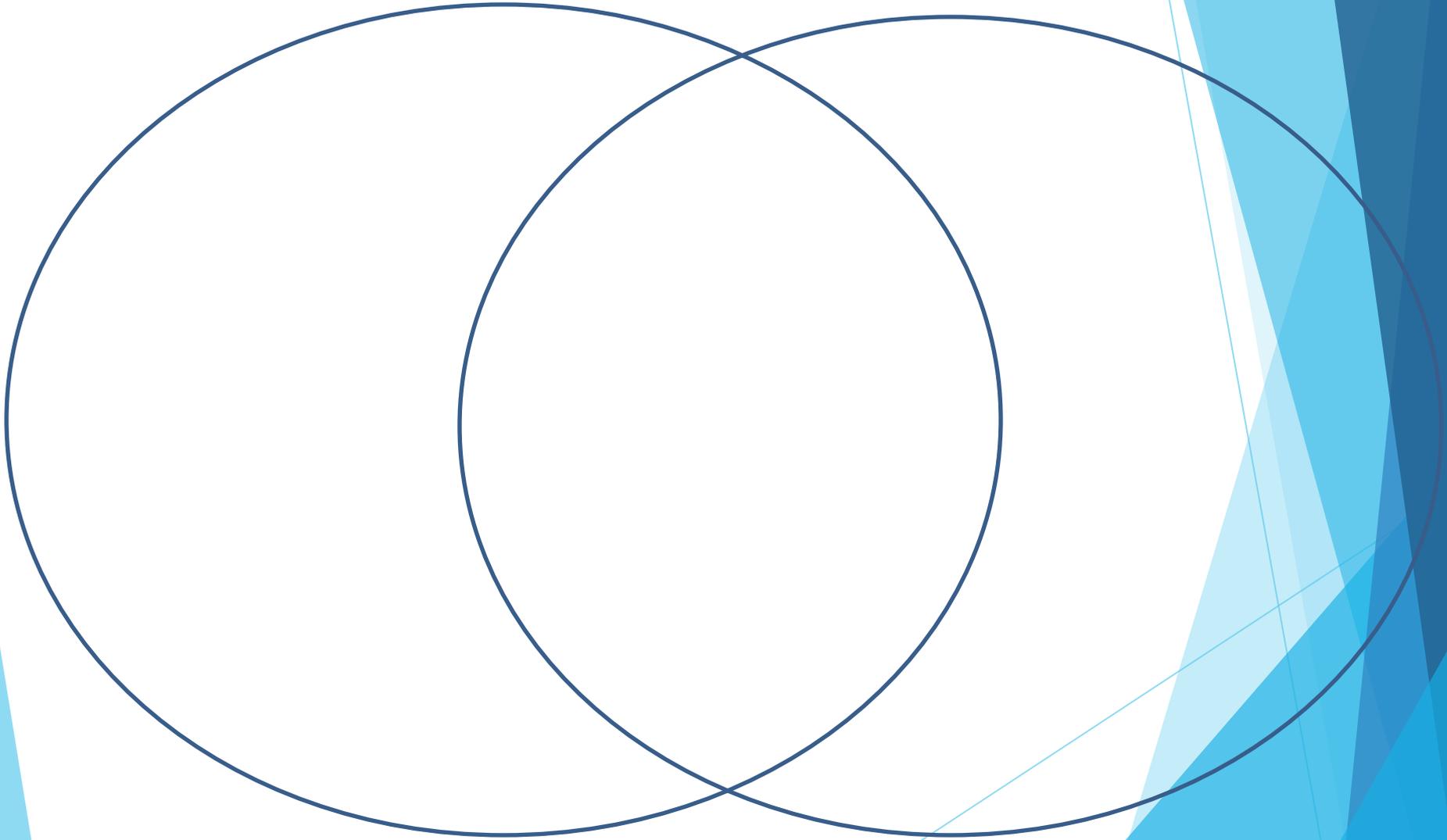
Statistics vary greatly...
but...

28% seems to be the norm

(Hinduja and Patchin, 2015)

CYBER

TRADITIONAL



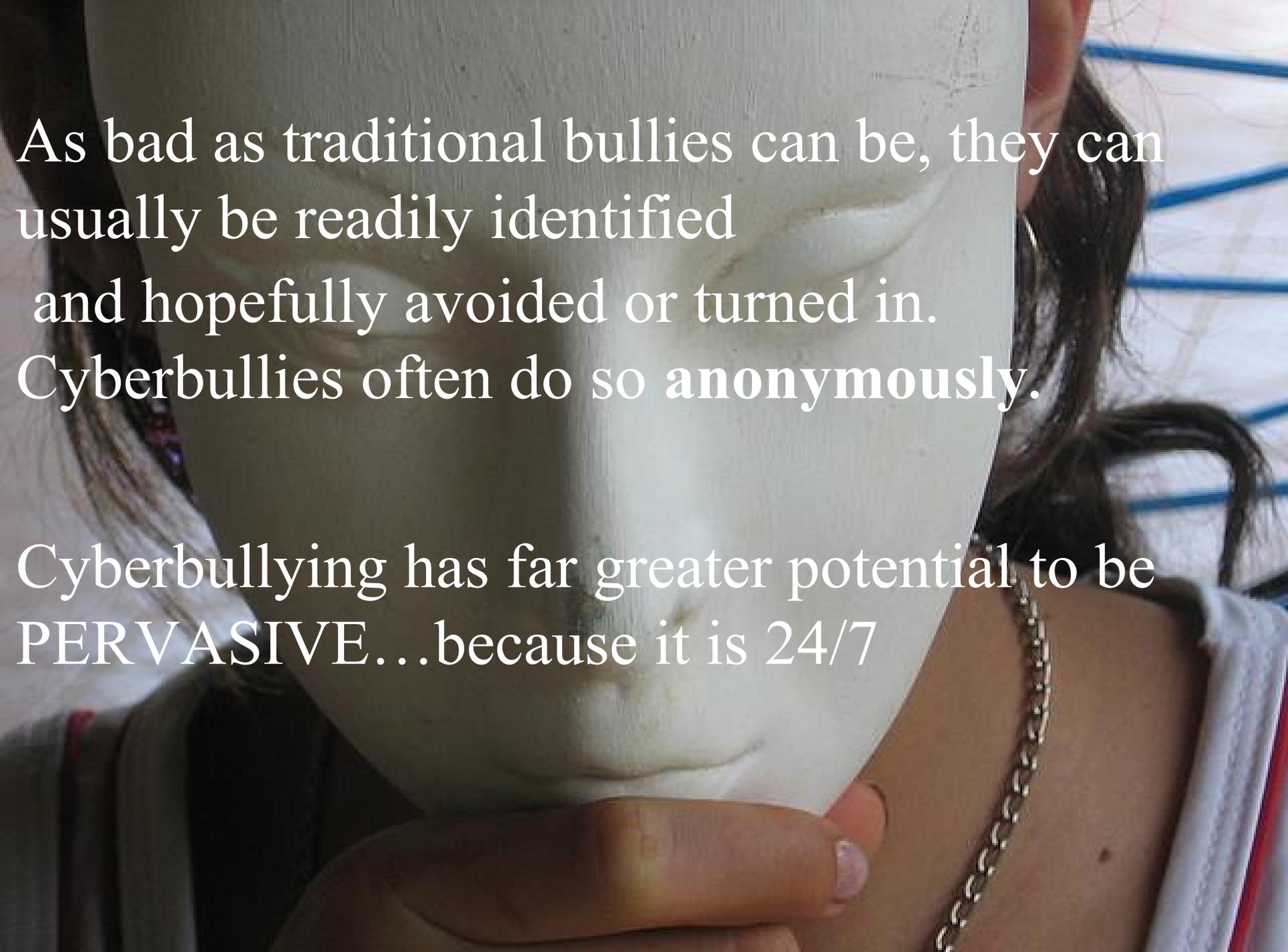
Cyber vs. Traditional

▶ COMMONALITIES

- ▶ Meant to intimidate, cause fear
- ▶ Meant to empower bully
- ▶ Highly destructive to bullied child - severe impact on health, school, quality of life

▶ DIFFERENCES:

- ▶ Anonymity of cyberbullying makes it easier for the perpetrator to hurt the victim
 - ▶ ...say and do crueler things compared to traditional bullying
 - ▶ Kids get “cyber muscles”

A close-up photograph of a person wearing a white, textured mask that covers their entire face. The person's hand is visible at the bottom of the frame, holding the mask. The background is slightly out of focus, showing blue and white horizontal lines, possibly from a window or a wall. The text is overlaid on the mask in a white, serif font.

As bad as traditional bullies can be, they can usually be readily identified and hopefully avoided or turned in. Cyberbullies often do so **anonymously**.

Cyberbullying has far greater potential to be **PERVASIVE**...because it is 24/7



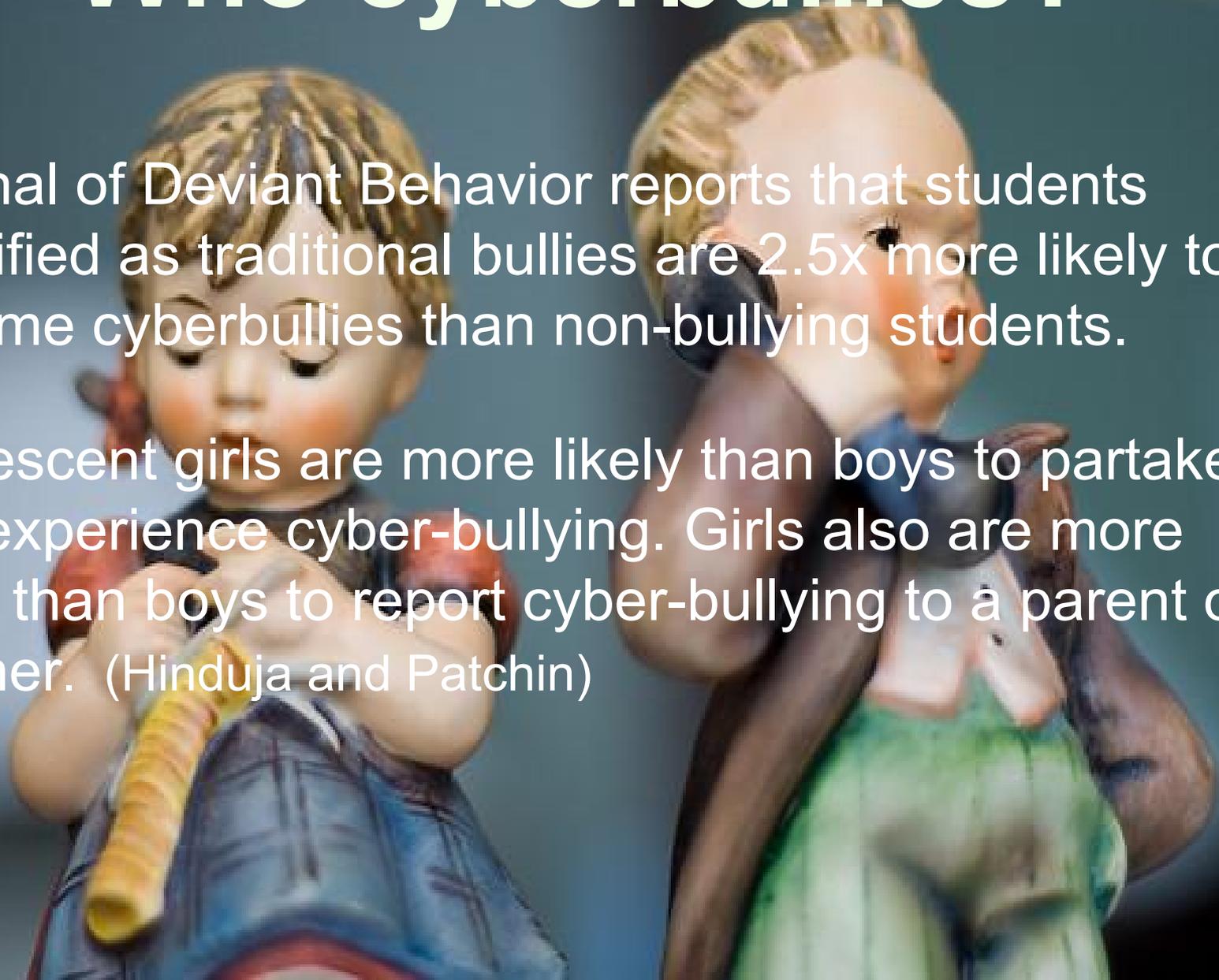
Size of Audience

Most traditional bullying episodes occur in presence of other people (bystanders, witnesses). When bullying takes place online, potential exists for audience to be global.

Who cyberbullies?

Journal of Deviant Behavior reports that students identified as traditional bullies are 2.5x more likely to become cyberbullies than non-bullying students.

Adolescent girls are more likely than boys to partake in and experience cyber-bullying. Girls also are more likely than boys to report cyber-bullying to a parent or teacher. (Hinduja and Patchin)



Signs and symptoms

Abnormal changes in mood or behavior, such as new or worsened depression, or heightened

Avoidance of friends, activity, or school

Sudden aversion to using a phone or computer

Nervous or 'jumpy' when receiving a text

Extreme sleeping behaviors

Others?

Sexting

- ▶ Statistics vary widely, but sexting is a significant problem
 - ▶ Your school/district? (NO NAMES PLEASE)
- ▶ Districts should adopt a comprehensive anti-sexting policy which includes:
 - ▶ possession of sexually explicit images of a minor is prohibited
 - ▶ everyone involved in a sexting incident may be subject to discipline
- ▶ Students and staff need to be educated regarding the dangers of sexting
- ▶ Incidents of sexting should be reported to administration IMMEDIATELY...VERBALLY...followed by an email
- ▶ The incident may also constitute a crime, so schools should also report it to police

DO NOT post inappropriate, vulgar or obscene materials or language

IGNORE friend requests from students or their parents!

DO:

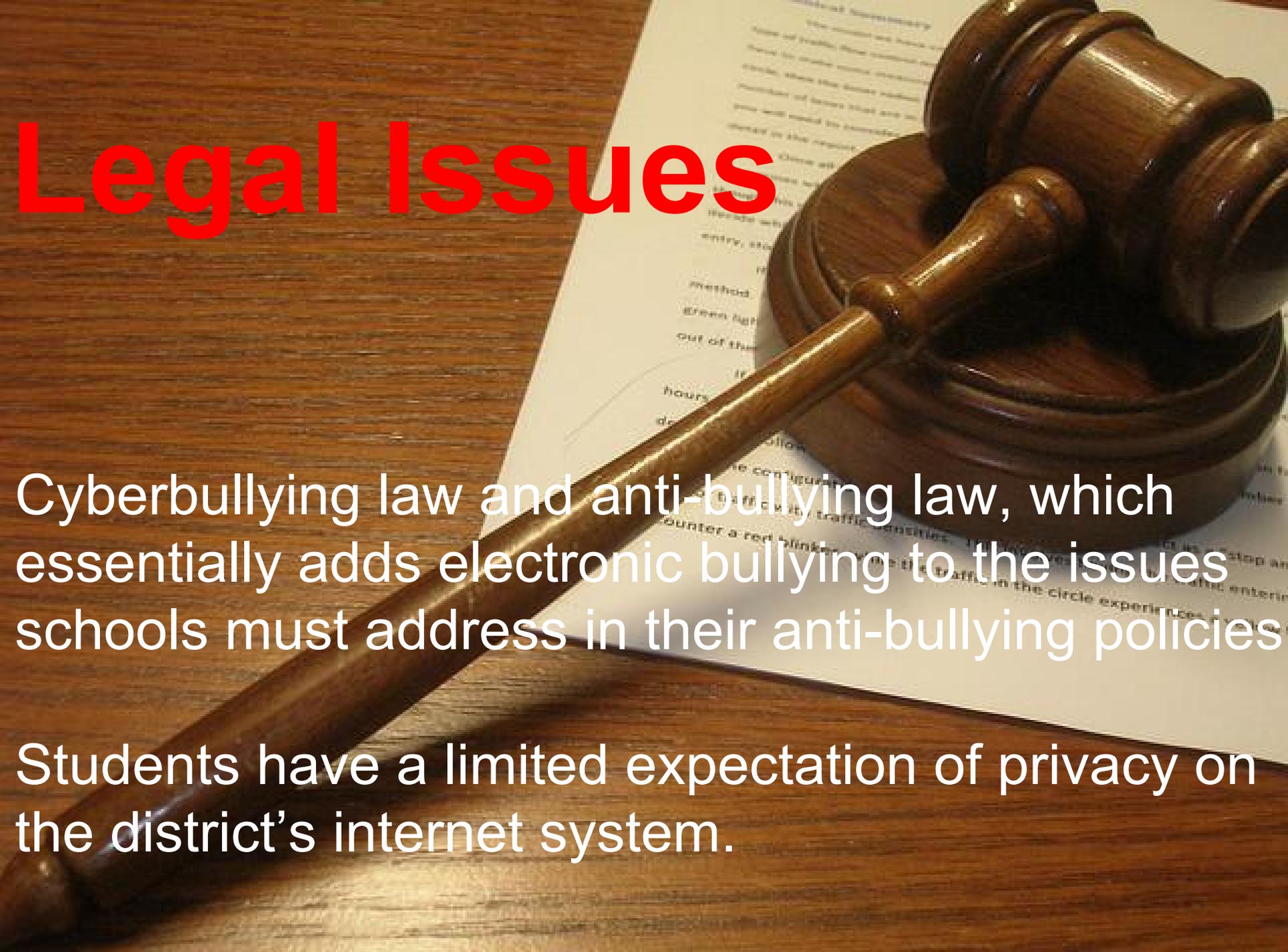
Monitor your posts on your page

Delete any inappropriate language or content

If someone tags you in an inappropriate picture, ask them to

For school employees

Legal Issues

A wooden gavel is positioned diagonally across the frame, resting on a document with faint, illegible text. The gavel's handle extends from the bottom left towards the top right. The document is placed on a dark wooden surface. The overall scene is lit with warm, soft light, creating a professional and legal atmosphere.

Cyberbullying law and anti-bullying law, which essentially adds electronic bullying to the issues schools must address in their anti-bullying policies

Students have a limited expectation of privacy on the district's internet system.

When to involve law enforcement:

Threats of violence

Extortion

Obscene phone calls, text messages, etc.

Cyberstalking/cyberharassment

Bias crimes

Child pornography

Physical harm or threat of physical harm



A3466

- The law includes:
- **Electronic communications**
- Incidents off school grounds
- Reporting and procedural requirements
- Schools will be graded
- Professional development on harassment, intimidation, bullying
- An “anti-bullying” specialist in each building
- A school safety team in each building
- Week of respect established

The best policies are...

- Cultivate a positive school climate
- Educate the community
- Enlist help of parents – they are front line of defense
Educate them on what cyberbullying looks like (not only victims, but perpetrators)
- Contact parents of perpetrators
- Educate students and staff about bullying/cyberbullying policies/consequences
- Make students understand that off campus activities may impact what happens at school, resulting in school disciplinary measures
- Teach students that no one is anonymous on the internet – each time they access the internet they generate an electronic finger print....
- Enlist the help of law enforcement

The best policies are proactive

- ▶ Develop effective supervision and monitoring of internet use.
- ▶ Develop a vehicle for students to report electronic bullying confidentially or anonymously (false alarms OK, better too much info than not enough).
- ▶ Educate bystanders about the importance of speaking out, providing assistance to victims, and reporting concerns and incidents
- ▶ Clear Acceptable Use Policies
 - ▶ Sent home to parents
 - ▶ Include in student handbooks
 - ▶ Include info. on whom to contact if a student feels victimized
 - ▶ Include list of commonly known and understood unacceptable communications*
 - ▶ Include unlawful and inappropriate activities

**What is your
school district's
policy?**

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect on the right side of the slide.



54

54 percent of youths ages 11-22 who identified themselves as non-heterosexual reported being cyberbullied

47: % of non heterosexual students who say they would not tell their parents they had been cyberbullied

Why?

How do we change the culture of schools regarding cyberbullying and sexual orientation?

How do we ensure that every member of every school community is valued and respected regardless of sexual orientation or gender identity/expression?

What can schools do?



“A comprehensive program is generally more powerful...”

