Addressing Cyberbullying and Unwise Social Media Use:

The Role of Parents, Youth, and the Community

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@hinduja

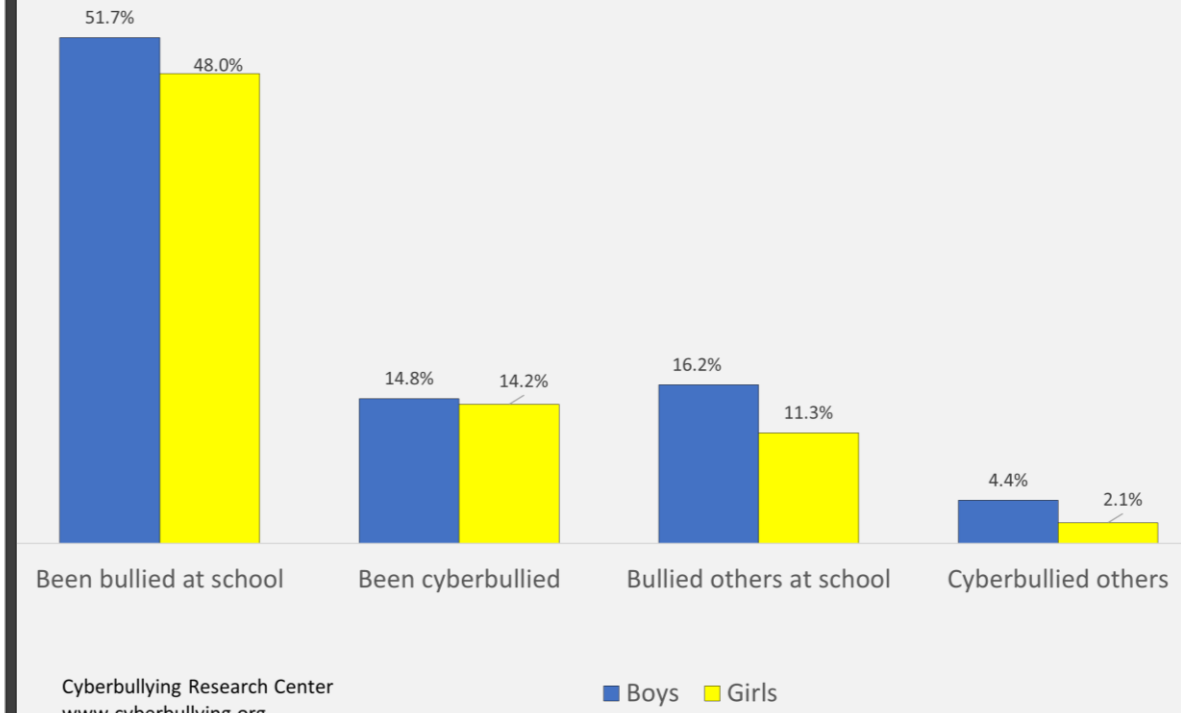
13 Warning Signs someones Depression is setting in
HOW I GOT HAPPY
got help for my anxiety
stopped weighing myself
set up personal boundaries with family
chose the guy who respected me
unfollowed accounts that made me feel bad
Cut off toxic friends
But your mental health is more important than
Your career
The money
Other peoples opinions
That event you said you'd go to
& Your families moods and wishes
MENTAL HEALTH AWARENESS

What is Cyberbullying?

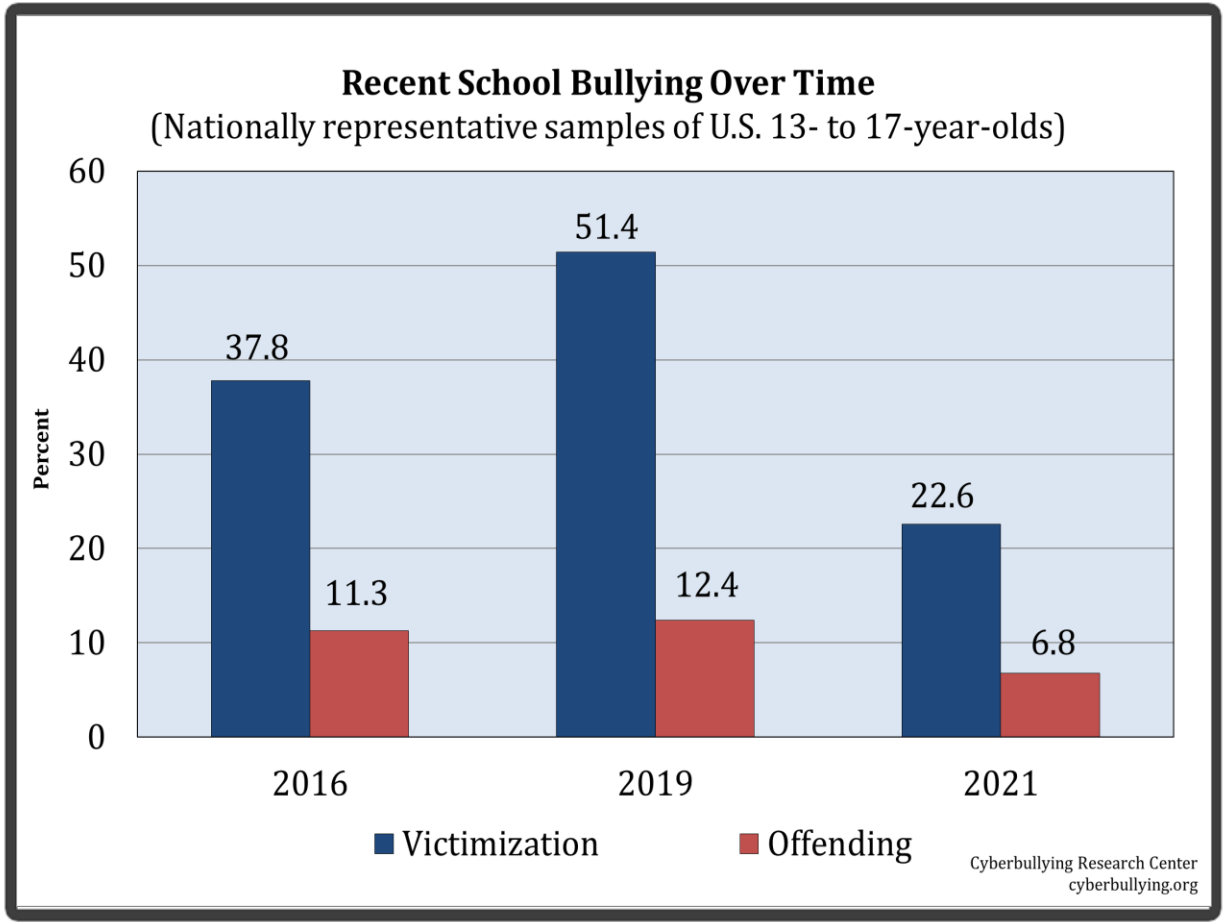
- Using a computer or cell phone to be mean, disrespectful, or hurtful
- Often occurs with regular bullying
- It's not about "stranger danger"

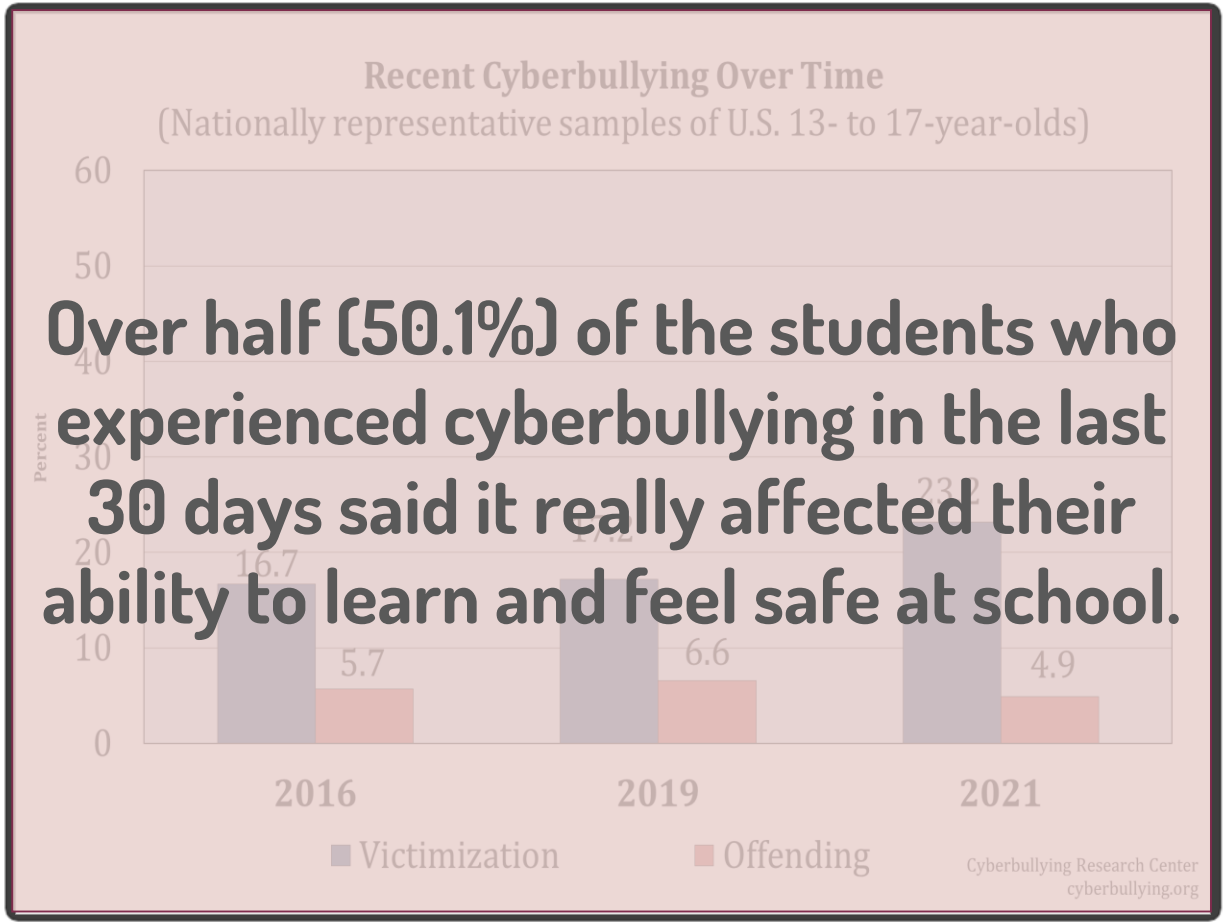
Bullying and Cyberbullying among Tweens by Gender

(Nationally representative sample of 1,034 9-12 year-olds)



Cyberbullying Research Center
www.cyberbullying.org


Recent School Bullying Over Time
(Nationally representative samples of U.S. 13- to 17-year-olds)
Percent
60
50
40
30
20
10
0
37.8
11.3
51.4
12.4
22.6
6.8
2016
2019
2021
Victimization
Offending
Cyberbullying Research Center
cyberbullying.org



Over half (50.1%) of the students who experienced cyberbullying in the last 30 days said it really affected their ability to learn and feel safe at school.

Communication is Key

With both their offline and online activities

Go online with your kids

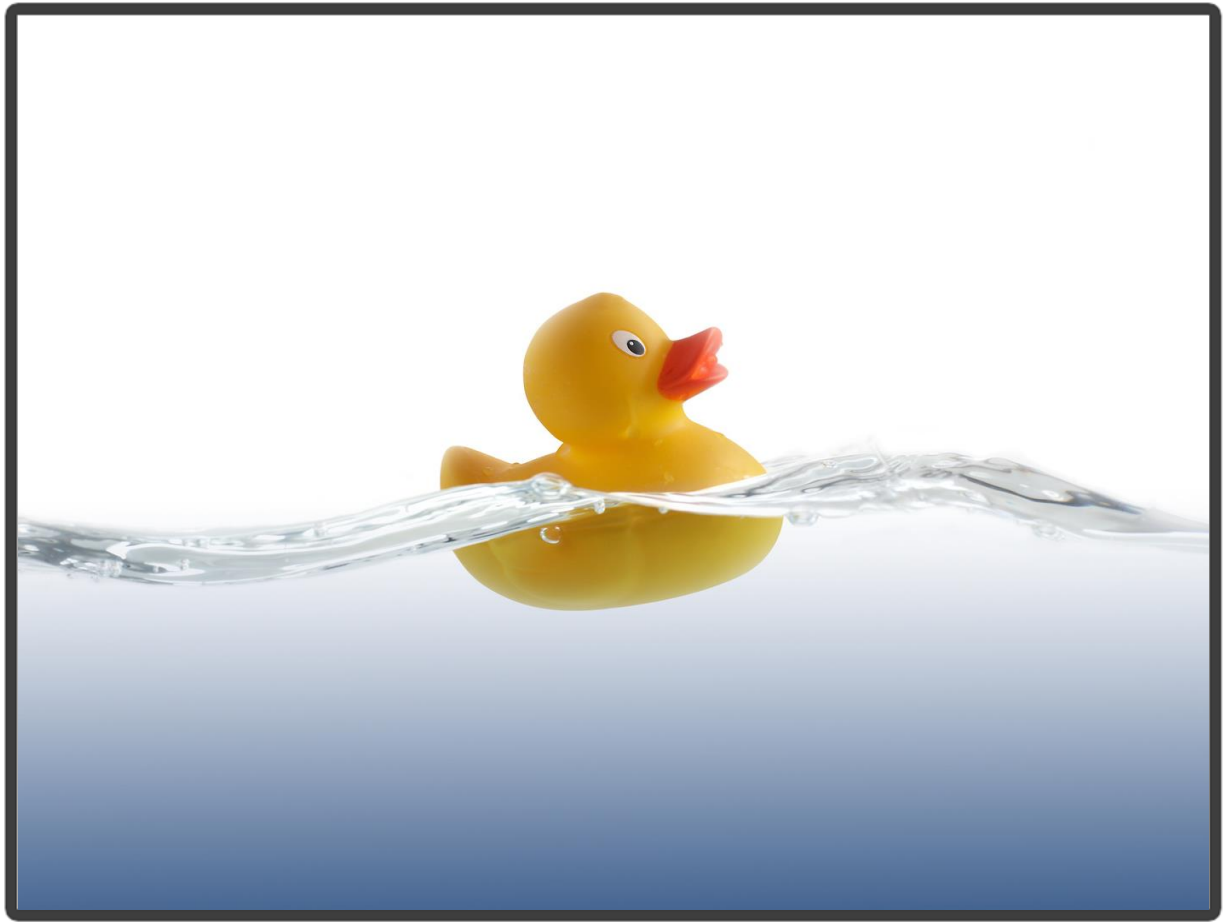
- See where they are going
- They can teach you!
- Enter their world
- The earlier the better

Watch your own words

- Don’t say mean things
- Be careful when you are cranky
- Call it out when others are mean
- Remind them of family standards

HINDUJA
family values
Honesty · Unconditional love · Courage
Cheerful obedience · Childlike faith
Servant leadership · Self discipline
Hidden generosity · Humility

- What web sites do you usually go onto?
- What sites are your friends into these days?
- What is your favorite web site? What do you do on these sites?
- Do you ever go online at your friend's house?
- Have you ever been contacted by someone online that you didn't know? What did they want? What did you do? How did you respond?
- Have you ever received a text message from someone that made you upset? How did you respond?
- How do you keep yourself safe online?



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Full length article

Cultivating youth resilience to prevent bullying and cyberbullying victimization

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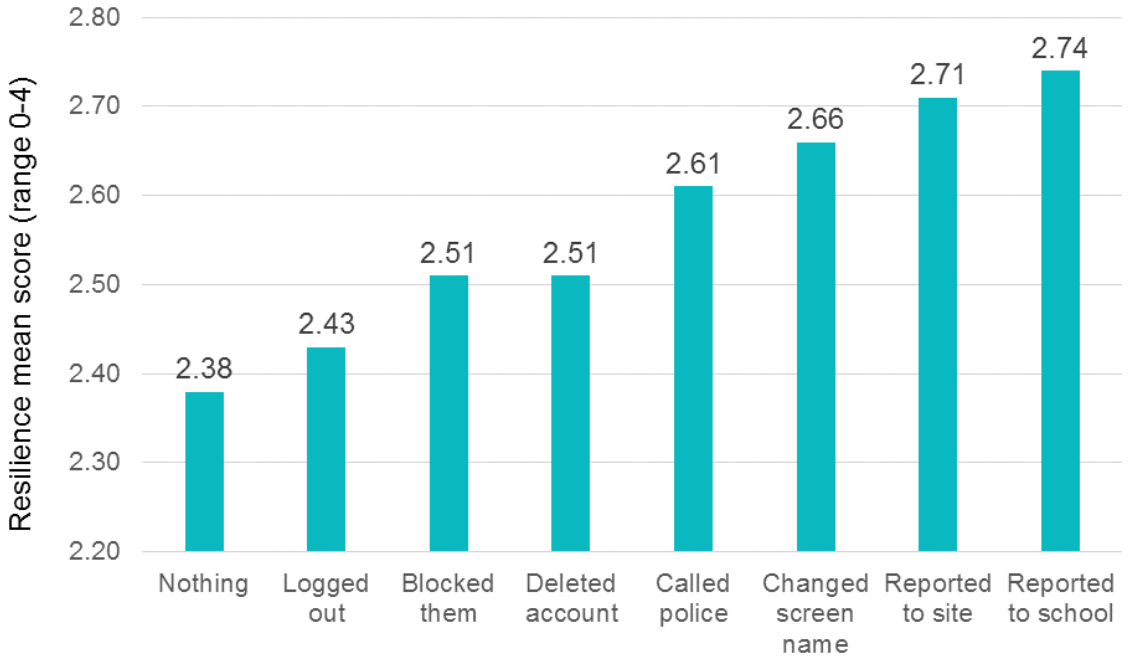
Cyberbullying
Resilience
Adolescence
Positive youth development
School violence

ABSTRACT

In an effort to better prevent and respond to bullying and cyberbullying, schools are recognizing a need to focus on positive youth development. One often-neglected developmental construct in this rubric is *resilience*, which can help students successfully respond to the variety of challenges they face. Enhancing this *internal* competency can complement the ever-present efforts of schools as they work to create a safe and supportive learning environment by shaping the *external* environment around the child. Based on a national sample of 1204 American youth between the ages of 12 and 17, we explore the relationship between resilience and experience with bullying and cyberbullying. We also examine whether resilient youth who were bullied (at school and online) were less likely to be significantly impacted at school. Results show resilience is a potent protective factor, both in preventing experience with bullying and mitigating its effect. Implications for school and community-based interventions are offered.

Chart 3: Cyberbullying and Prosocial Responses



- “I always keep my mind open to help solve problems.”
- “I tell myself to slow down and take a breath when things go wrong.”
- “I can do this. I got this. I’m not a quitter.”
- “I’m going to crush this. I’ll feel good when I’m done.”
- What’s your current positive affirmation?

ADVERSITY

Photo

msroshlapuz

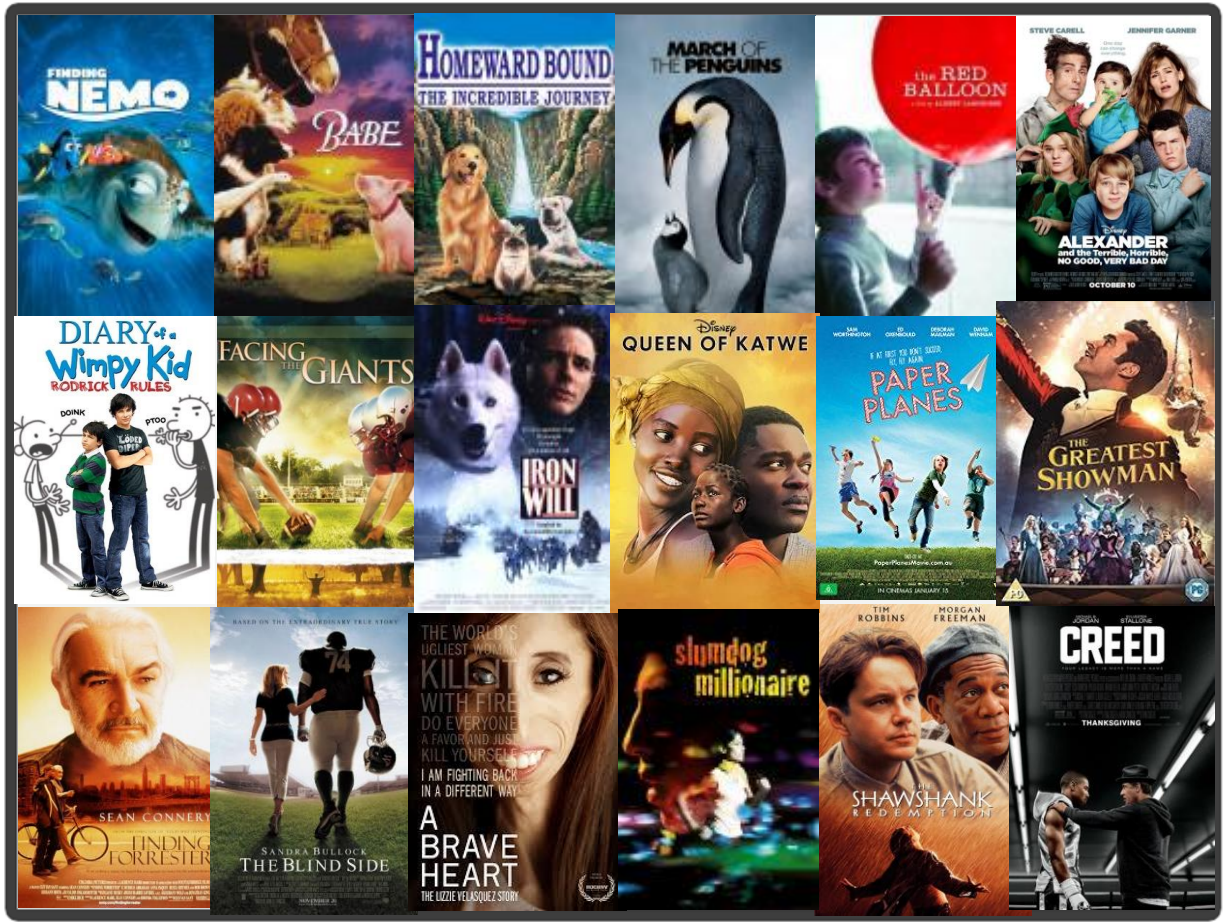
11 likes

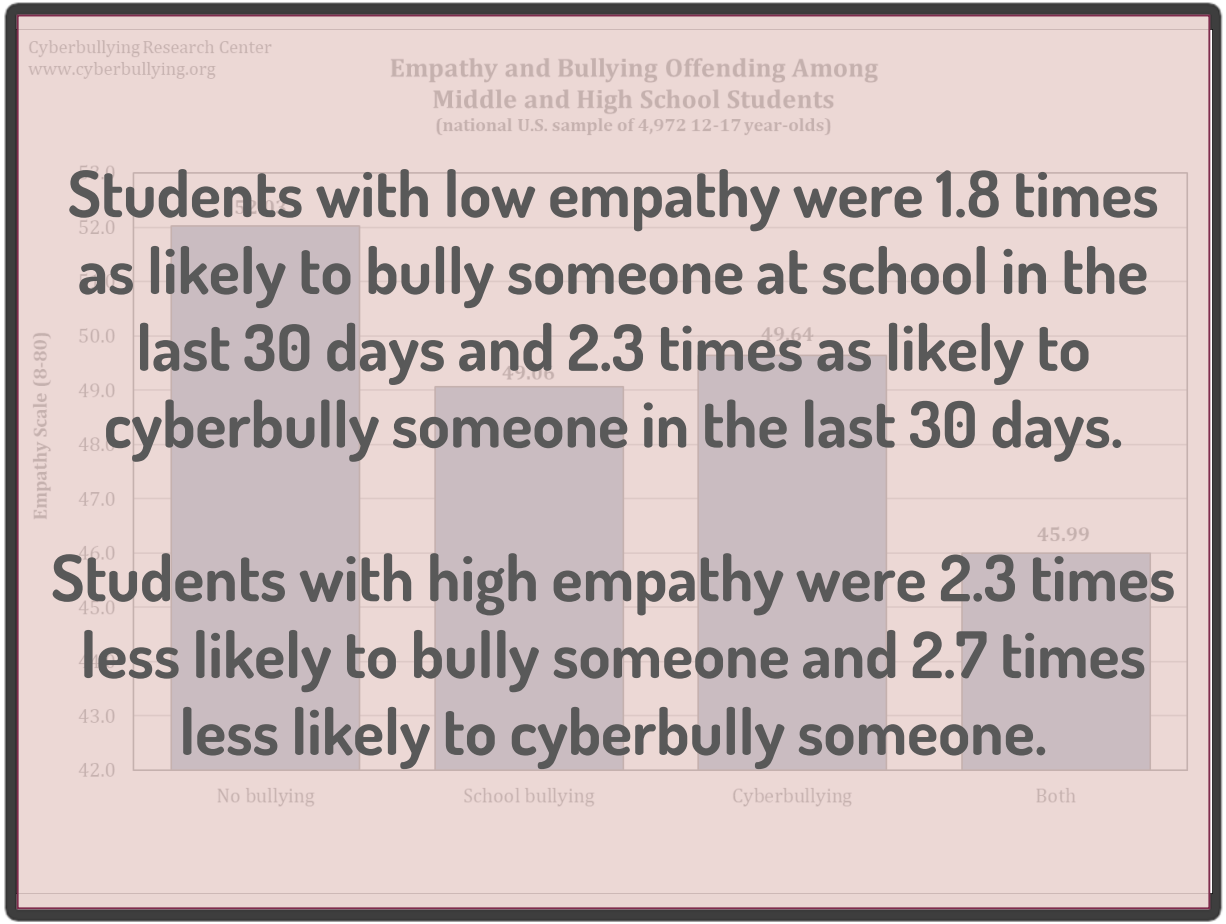
msroshlapuz Girls just wanna have fun 👯👯
#slumberparty #girls❤️ #girlsrule #squad❤️

NSEQUENCES

(Reivich & Shatte, 2002)

ERIC CARLE
The Tiny Seed
READY-TO-READ
CLICK, CLACK, MOO
Cows That Type
DAN SANTAT
AFTER
the
FALL
HOW HUMPTY DUMPTY GOT BACK UP AGAIN
The Curious Garden
PETER BROWN
A Perfectly MESSED-UP Story
PATRICK McDONNELL
EZRA JACK KEATS
WHISTLE FOR WILLIE
THE GREATEST NOVEL OF OUR TIME
OF HUMAN BONDAGE
W. SOMERSET MAUGHAM
THE HUNGER GAMES
SUZANNE COLLINS
SORTA LIKE A
ROCK STAR
a novel by Matthew Quick
out of my mind
SHARON M. DRAPER
ALLIE'S BASKETBALL DREAM
The Count of MONTE CRISTO
HATCHET
GARY PAULSEN
THREE-TIME NEWBERY HONOR AUTHOR
LINDA SUE PARK
A LONG WALK TO WATER
BASED ON A TRUE STORY
RITA WILLIAMS-GARCIA
author of Like Sisters on the Homefront
Fast Talk on a Slow Track
He thinks he has it down. He's wrong.
NANCY WERLIN
THE RULES OF SURVIVAL
whirligig
paul fleischman
The #1 New York Times Bestseller Adapted for Young Adults
UNBROKEN
An Olympian's Journey from Airman to Castaway to Captive
LAURA HILLENBRAND


FINDING NEMO
BABE
HOMEWARD BOUND
THE INCREDIBLE JOURNEY
MARCH OF THE PENGUINS
the RED BALLOON
STEVE CARELL
JENNIFER GARNER
ALEXANDER
and the Terrible, Horrible, NO GOOD, VERY BAD DAY
OCTOBER 10
DIARY of a Wimpy Kid
RODRICK RULES
DOINK
PTOOO
FACING THE GIANTS
IRON WILL
Disney
QUEEN OF KATWE
PAPER PLANES
THE GREATEST SHOWMAN
SEAN CONNERY
FINDING FORRESTER
SANDRA BULLOCK
THE BLIND SIDE
THE WORLD'S UGLIEST WOMAN
KILLS WITH FIRE
DO EVERYONE A FAVOR AND JUST KILL YOURSELF
I AM FIGHTING BACK IN A DIFFERENT WAY
A BRAVE HEART
THE LIZZIE VELASQUEZ STORY
slumdog millionaire
TIM ROBBINS
MORGAN FREEMAN
THE SHAWSHANK REDEMPTION
CREED
THANKSGIVING


Cyberbullying Research Center
www.cyberbullying.org
Empathy and Bullying Offending Among
Middle and High School Students
(national U.S. sample of 4,972 12-17 year-olds)
Empathy Scale (8-80)
52.0
50.0
49.0
47.0
46.0
45.0
43.0
42.0
49.64
45.99
No bullying
School bullying
Cyberbullying
Both
Students with low empathy were 1.8 times as likely to bully someone at school in the last 30 days and 2.3 times as likely to cyberbully someone in the last 30 days.
Students with high empathy were 2.3 times less likely to bully someone and 2.7 times less likely to cyberbully someone.

DANIEL TIGER'S NEIGHBORHOOD
Maya the Bee THE SERIES
Curious George
Wishenpoof
NETFLIX
TRUE AND THE RAINBOW KINGDOM
KID PRESIDENT
DECLARATION OF AWESOME
`black·ish
HOW TO DANCE IN OHIO
I AM Jazz
NETFLIX
degrassi NEXT CLASS
if you really knew me
EDGE of E18HTEEN
HUMANS OF NEW YORK
THE FOSTERS
FREAKS AND GEEKS
MY so-called LIFE
TRUE LIFE MTV

First Grade
DROPOUT
IVAN
THE REMARKABLE TRUE STORY OF THE SHOPPING MALL GORILLA
Otis and the Scarecrow
GOOD NEWS
BAD NEWS
DAD and the DINOSAUR
El Deafo
HUDSON and the PUPPY
LOST IN PARIS
TRUDY LUDWIG
The Invisible Boy
PATRICE BARTON
Charlotte's Web
E. B. White
Beverly Cleary
RAMONA THE PEST
mockingbird
(mok'ing-bird)
Kathryn Erskine
WONDER
the boy on the wooden box
Leon Leyson
SYMPTOMS OF BEING HUMAN
MELISSA DE LA CRUZ
Something in Between

Cell Phone Regulation

Setting the Standards For Your Kids

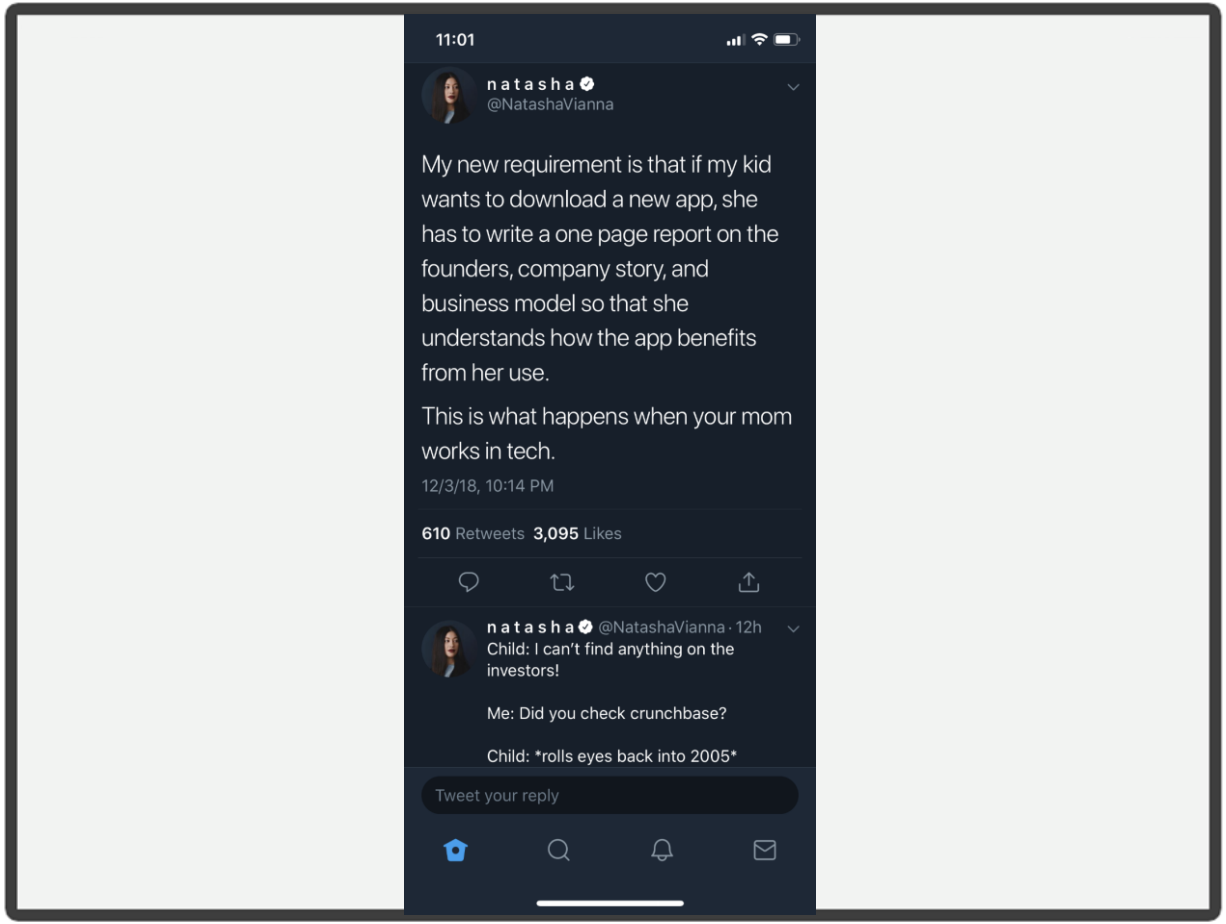
Household Rules:

Grades ↓, tech use ↓

Diligence in chores ↓, tech use ↓

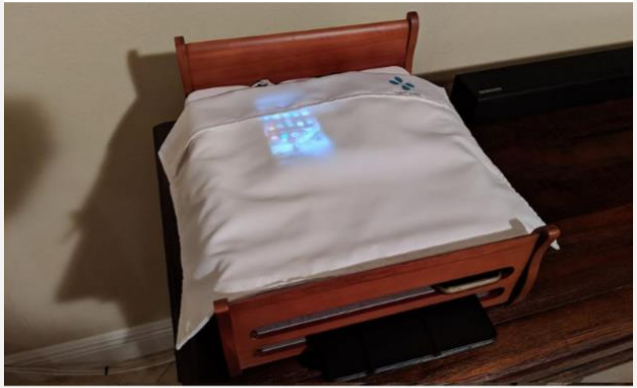
Keep devices in designated location at night

Require financial responsibility


11:01
natasha
@NatashaVianna
My new requirement is that if my kid wants to download a new app, she has to write a one page report on the founders, company story, and business model so that she understands how the app benefits from her use.
This is what happens when your mom works in tech.
12/3/18, 10:14 PM
610 Retweets 3,095 Likes
natasha @NatashaVianna · 12h
Child: I can't find anything on the investors!
Me: Did you check crunchbase?
Child: *rolls eyes back into 2005*
Tweet your reply

Brea Cherne Ashcraft
June 30 at 9:24 PM ·

For reals this is happening. I got a bed for my phone and devices. Following the advice of "phones go to bed before we do and we wake up before they do, and they don't sleep in our room." I'm excited for the better sleep and mental health to come. Thanks Christie Terrill for the early birthday gift! #techwisefamily



You and 54 others 11 Comments

Like Comment

View 4 more comments

Brea Cherne Ashcraft Day 1 Update: I slept for nearly 9 hours and felt great. Used a little battery operated alarm clock instead of my phone clock/alarm. Devices were all charged in the morning too. I even made breakfast and coffee before checking it. Got to check in with my family before seeing any notifications.

4

Like · Reply · 15h · Edited

Teens Speak Up About Parents' Risky Driving Behaviors, BUT ARE PARENTS LISTENING?

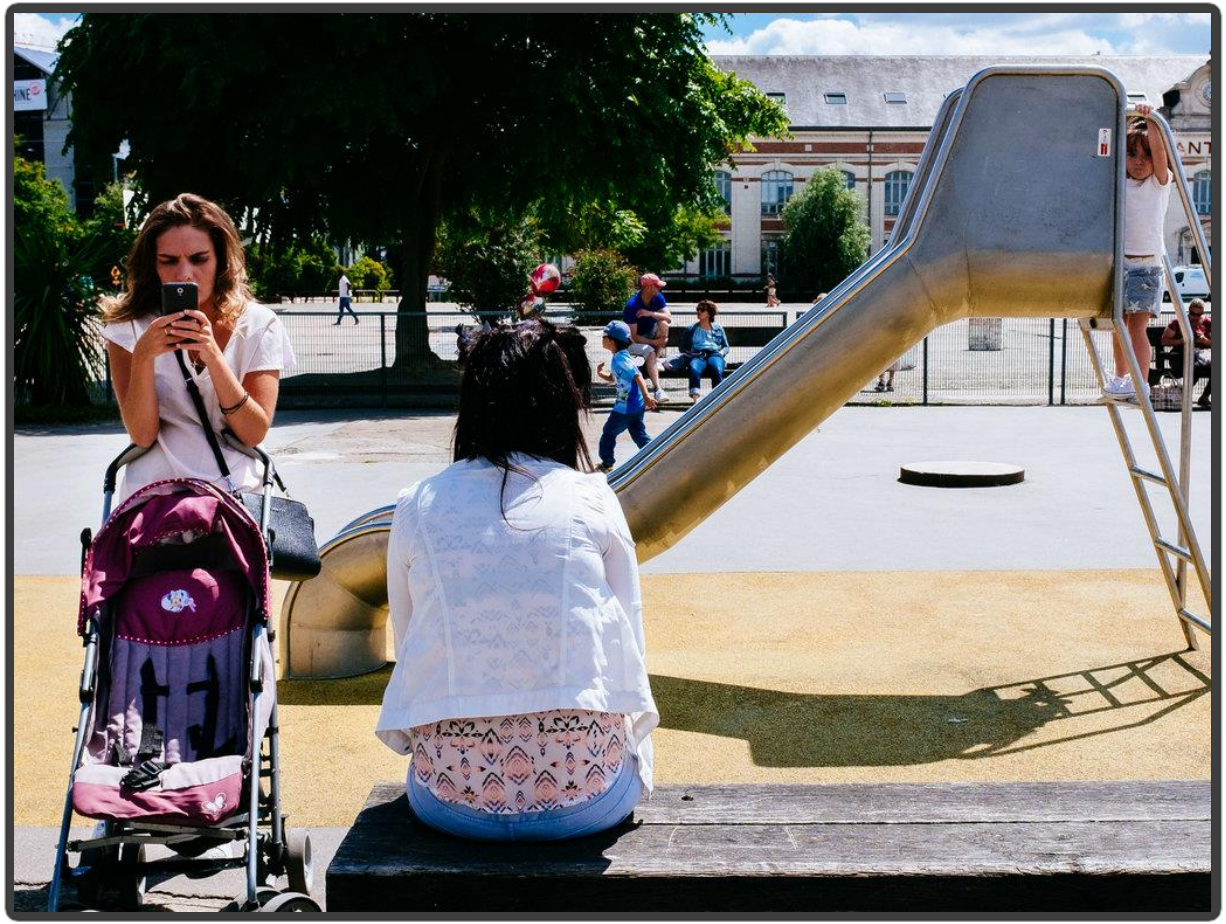
83% of teens say their parents engage in **unsafe driving behaviors** with them in the car.

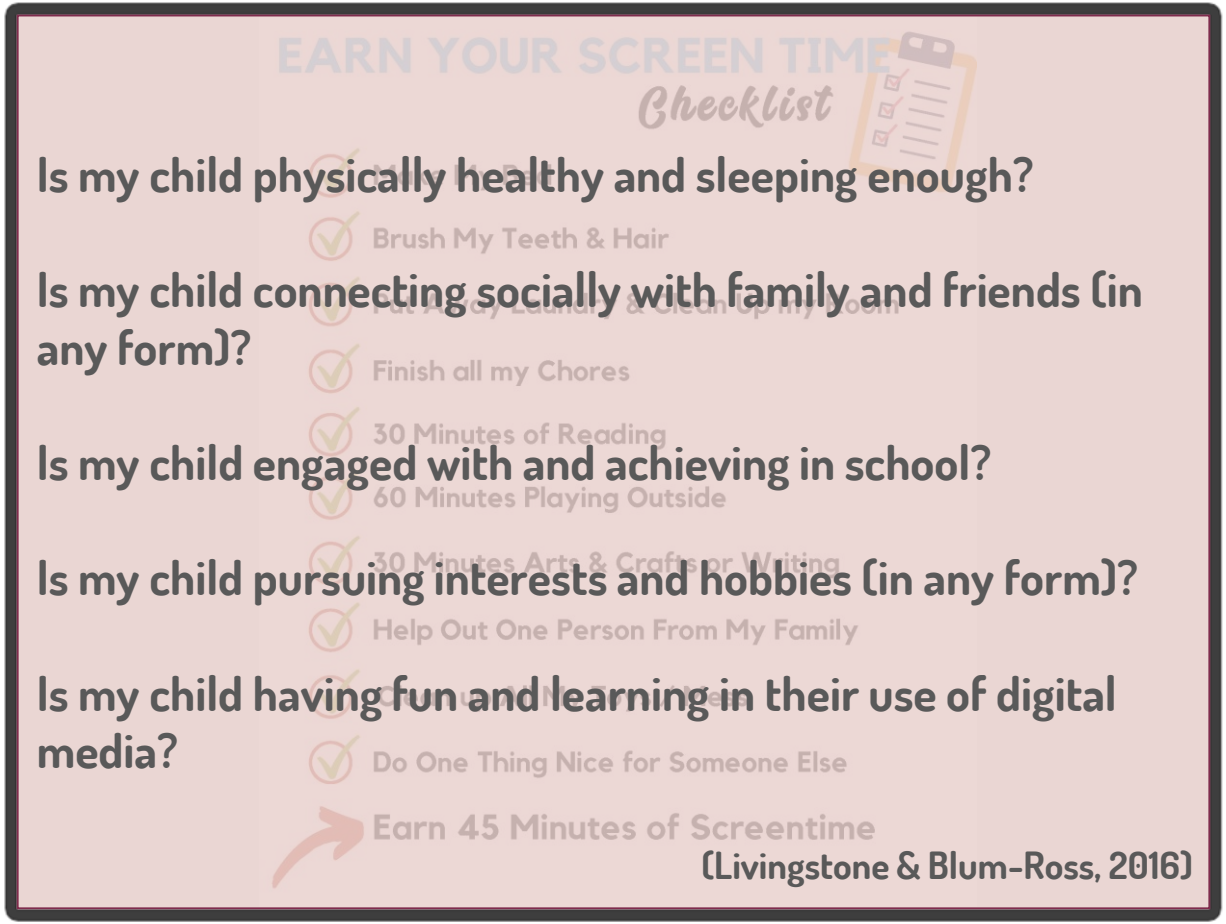
Behaviors Parents Admit to While Driving

- **86%** talking on a cell phone
- **80%** speeding
- **40%** texting
- **21%** not wearing a seat belt

60% of teens report they ask their parents to **stop driving dangerously**

- **84%** of parents claim they change their driving behaviors when asked
- **41%** of teens say their parents do NOT change their driving behaviors when asked
- **28%** say their parents justify reasons for their unsafe behaviors
- **12%** report their parents ignore them completely





Is my child physically healthy and sleeping enough?

Is my child connecting socially with family and friends (in any form)?

Is my child engaged with and achieving in school?

Is my child pursuing interests and hobbies (in any form)?

Is my child having fun and learning in their use of digital media?

(Livingstone & Blum-Ross, 2016)

Google

this
is a
judgement
free
zone

Child Expectations:

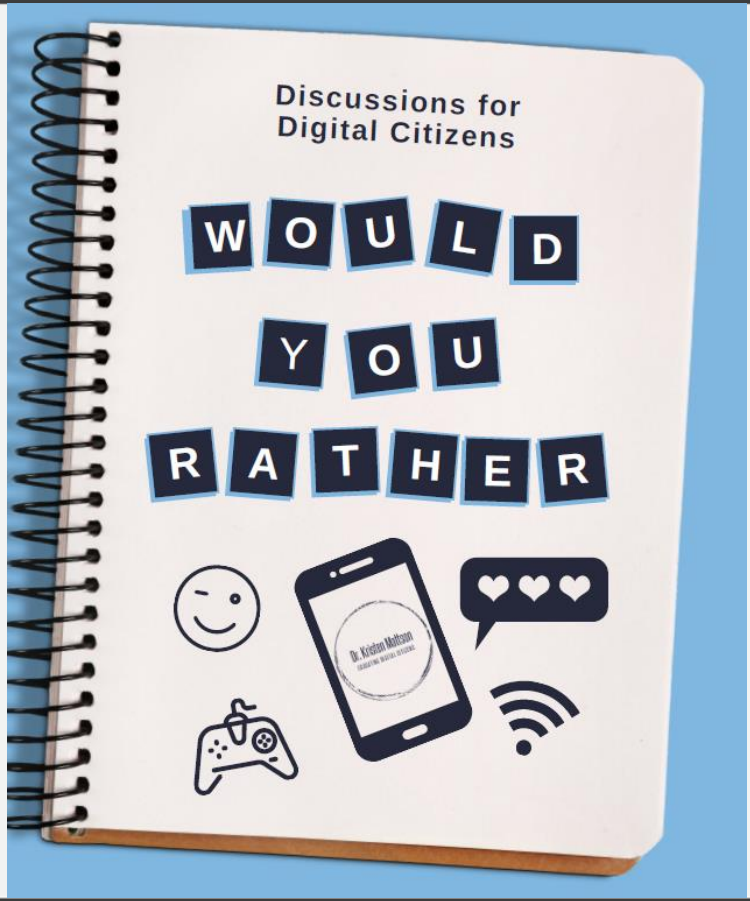
I understand that using electronic devices and the Internet is a privilege and not a right and that it is subject to the following rules:

1. Mom/Dad will pay for my devices, Internet, and cell phone access, unless otherwise agreed upon, but I will pay for any charges above and beyond the usual monthly fees (repairs due to carelessness, if my device is stolen, etc.).
2. I will respect the privacy of others online and on all devices I access or use. I will not touch any content or file that is not mine.
3. I will not download anything or install apps, games, or other programs on any of my devices without first asking Mom/Dad.
4. I will never give out private information while online. At no time will I ever give out my last name, phone number, address, or school name—even if I know the person with whom I am communicating—unless approved.
5. I will never agree to meet an online friend in person without first asking Mom/Dad.
6. I understand that I can use electronic devices for approved purposes only, and I understand that what I do reflects my character, upbringing, and family name—and affects my reputation and future opportunities.
7. I will not send hurtful, harassing, or threatening texts or inappropriate photos and videos, or make such posts on social media, gaming networks, or elsewhere online.
8. I will not say or send anything to anyone using my device(s) that I wouldn't be *completely* comfortable with Mom/Dad hearing, seeing, or knowing about. This includes profanity and any offensive language.
9. I will not take and/or send a picture or video of anyone without that person's permission.
10. I will not be disruptive in my device use. If Mom/Dad or another adult asks me to end a call, stop texting, or finish playing a game, I will.

Parent Expectations:

I understand that it is my responsibility to protect my family and to help them receive the best of what electronic devices and the Internet have to offer. In that spirit, I agree to the following:

1. I will pay for their devices and their Internet and cell phone plans, unless otherwise agreed upon.
2. I will listen calmly. If my child comes to me with a problem related to online experiences, I promise not to get angry but to do my best to help my child resolve the situation.
3. I will be reasonable. I will set reasonable rules and expectations for Internet usage. I will establish appropriate consequences for lapses in judgment on the part of my child.
4. I will treat my child with dignity. I will respect the friendships that my child may make online as I would offline friends.
5. I will not unnecessarily invade my child's privacy, and I will respect it. I promise not to go further than necessary to ensure my child's safety. I will not look through the contents of my child's device(s) unless there is a reasonable concern, and I will do so in their presence.
6. I will be reasonable with consequences for violations of this contract. Consequences will start at loss of device privileges for 24 hours and progress according to the seriousness of the violation.
7. I will not take drastic measures. No matter what happens, I understand that these technologies are important tools which are essential to my child's success in school or business, and I promise not to ban it entirely.
8. I will be involved. I will spend time with my child and be a positive part of my child's online activities and relationships—just as I am offline.


Discussions for
Digital Citizens
WOULD
YOU
RATHER
Dr. Kristen Mattson

WOULD YOU RATHER

Play at a park with your best friends

- OR -

meet them online to play a game together?

WOULD YOU RATHER

Drop your phone in a dirty toilet

- OR -

drop it from the highest point of a rollercoaster?

WOULD YOU RATHER

Lose all your progress in a video game

- OR -

lose all the money you'd earned in the game?

WOULD YOU RATHER

Stop using YouTube

- OR -

stop using your favorite social media app?

WOULD YOU RATHER

Share your successes on social media

- OR -

keep them to yourself?

WOULD YOU RATHER

Have your face turned into a video game character

- OR -

have your picture become the hottest meme on the internet?

Parent: No problem. I really want you to remember that you don't have to allow others to be jerks to you online. You can control your gaming experience by taking advantage of the blocks and protections and controls that your gaming console and the online gaming network have. We may not know how to work them, but we can figure it out thanks to Google and trial and error. So let's work on this together! That way, you can focus on enjoying the game and not being distracted by drama or nonsense from others.

FORTNITE

Parent: How come you haven't been playing that Fortnite game you talk about? Is something going on?

Teen: No. I just haven't been feeling like playing it anymore..

Parent: Um, I know you better than that! Something is wrong and you're scared to tell me. So, I'll ask again. What's the matter?

Teen: Dad, it's not serious. Trust me. It's just some idiots who think it's funny to call me an animal and whatnot. It's annoying so I'm just done with it.

Parent: This is exactly why I didn't want to get you that game or let you play on it for so long. How long has this been going on? And don't lie.

Teen: Not that long. Sometimes it happens, that's why I said it's just annoying.

Parent: You still should've told me. Is that all they say to you? Do you know these people that you play with?

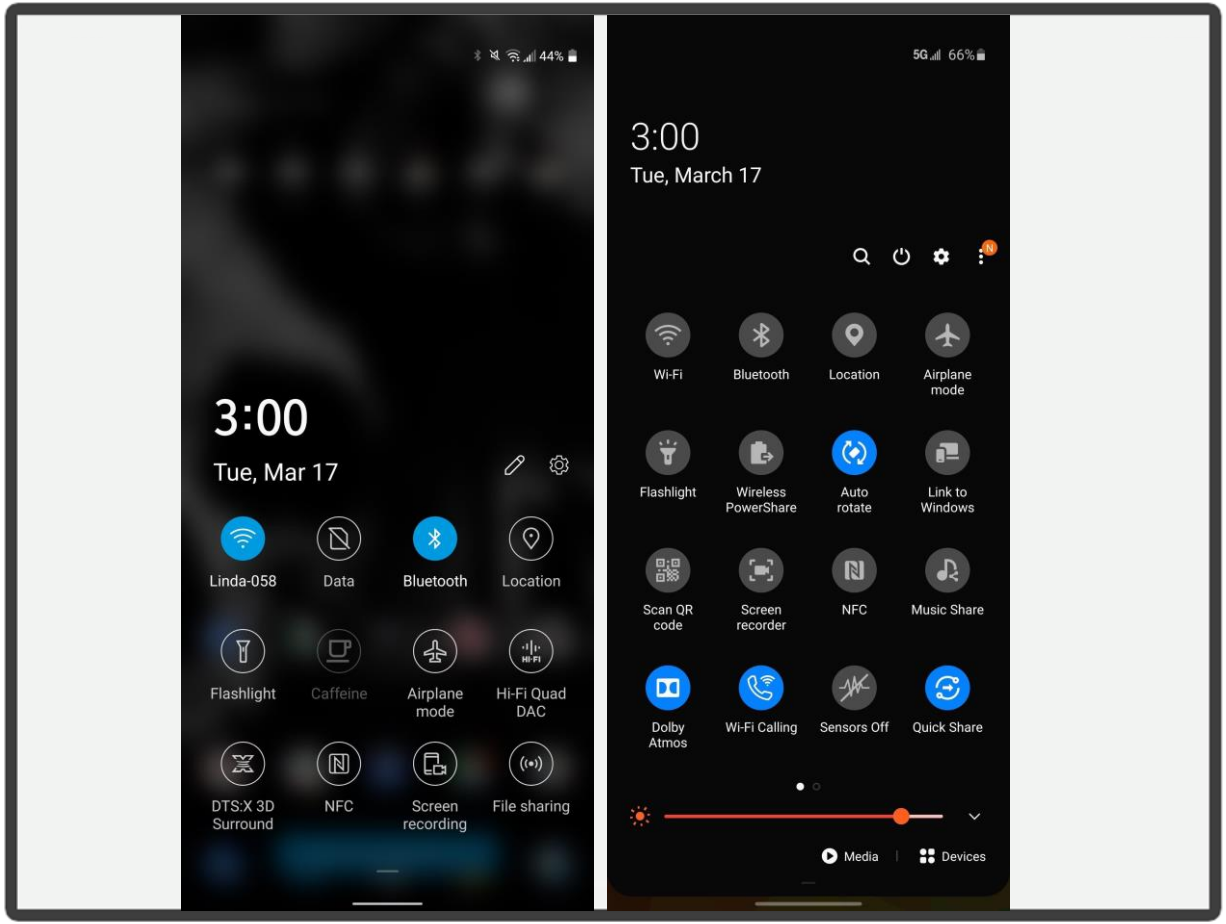
Teen: They call me the n-word a lot and make animal noises. And no, I don't know who they are so it's not like I can do anything.

Parent: Wow. That is seriously messed up. You may not know this but when people target another person because of their race, gender, religion, or sexual orientation, it can be considered a hate crime. That is a huge deal. And I know that no online game wants racists ruining the experience that people have. I'm confident that if we report their usernames, there will be consequences for them – like their account banned or quarantined. Do you have any screenshots?

Casey loves playing games on his Xbox console, especially since it allows him to link up to and compete with other players across the world on Xbox Live. He recently met one teenager in Russia named Boris while playing Overwatch, and they became fast friends because both enjoyed and excelled at it. Together, they became almost unbeatable whenever they competed as a team against other teams online. At some point, though, Casey told Boris he had found a better gaming partner and didn't want to play with Boris anymore. Boris was outraged that he was being "dumped" as a gaming partner for someone else, and he began to tell other people on the gaming network that Casey "sucked" at gaming and no one should ever be his partner unless they wanted to lose really badly. Soon after these statements started circulating, Casey's new gaming partner dumped him, and everyone else on the network started to reject him (which was particularly crushing because online gaming was a safe haven in his difficult life). When coupled with recollections of other instances of rejection in his life, this experience began to make Casey feel completely hopeless. He then started to express suicidal intentions to his sister.

Activity
15:27

Screen Mirroring
Screen Recording
Start Recording
Microphone Audio
Off


44%
3:00
Tue, Mar 17
Linda-058
Data
Bluetooth
Location
Flashlight
Caffeine
Airplane mode
Hi-Fi Quad DAC
DTS:X 3D Surround
NFC
Screen recording
File sharing
5G 66%
3:00
Tue, March 17
Wi-Fi
Bluetooth
Location
Airplane mode
Flashlight
Wireless PowerShare
Auto rotate
Link to Windows
Scan QR code
Screen recorder
NFC
Music Share
Dolby Atmos
Wi-Fi Calling
Sensors Off
Quick Share
Media
Devices

When Your Child Is The Target...

- Take a deep breath
- Make sure your child is safe
- Collect evidence
- Contact the school
- Understand confidentiality, liabilities, DoE rules, the “system”
- Avoid venting on Facebook
- Contact the offender’s parents
- Contact the Service Provider
- Contact the police

When Your Child Bullies Others...

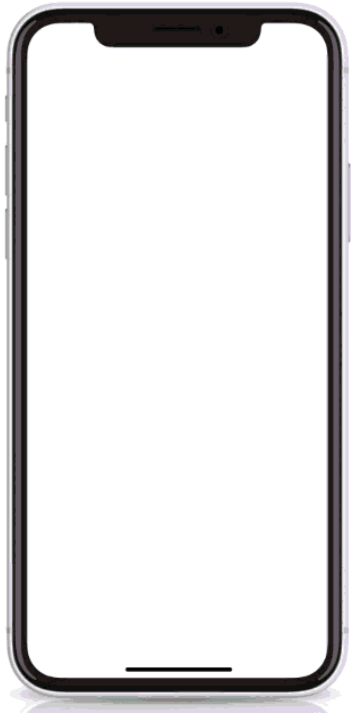
- Talk about the hurtful nature of bullying
- Closely monitor computer/cell phone usage
- Consider installing tracking software
- Apply reasonable consequences
- Set firm limits and stick to them
- Convey firmer consequences if the behavior continues

circle
home plus
Manage online time
and content anywhere
Location
Devices
Rewards
Usage
Filter
Bedtime
Time Limits
circle
circle
INCLUDES
One Year Membership
ACCESS ALL PREMIUM FEATURES
Manage Online
Screen Time
Basic Features
Filter Match each family member with the right online content.
Usage Track online time across all devices.
History See which sites were visited throughout the day.
Premium Features
Pause Pause the Internet* for the whole house or just specific family members.
Bedtime Set bedtimes for all your kids' devices.
Rewards Give extra online time just for the day.
Time Limits Set a daily time limit for individual sites or platforms.
Plus Location, Off Time, and more.
Learn more at meetcircle.com

Set Limits

Decide how and when your kids connect to their devices.

Learn More



Filters

Check Activity

Review your family's online time, site visits, app usage, and current location.

Learn More

Time Limits

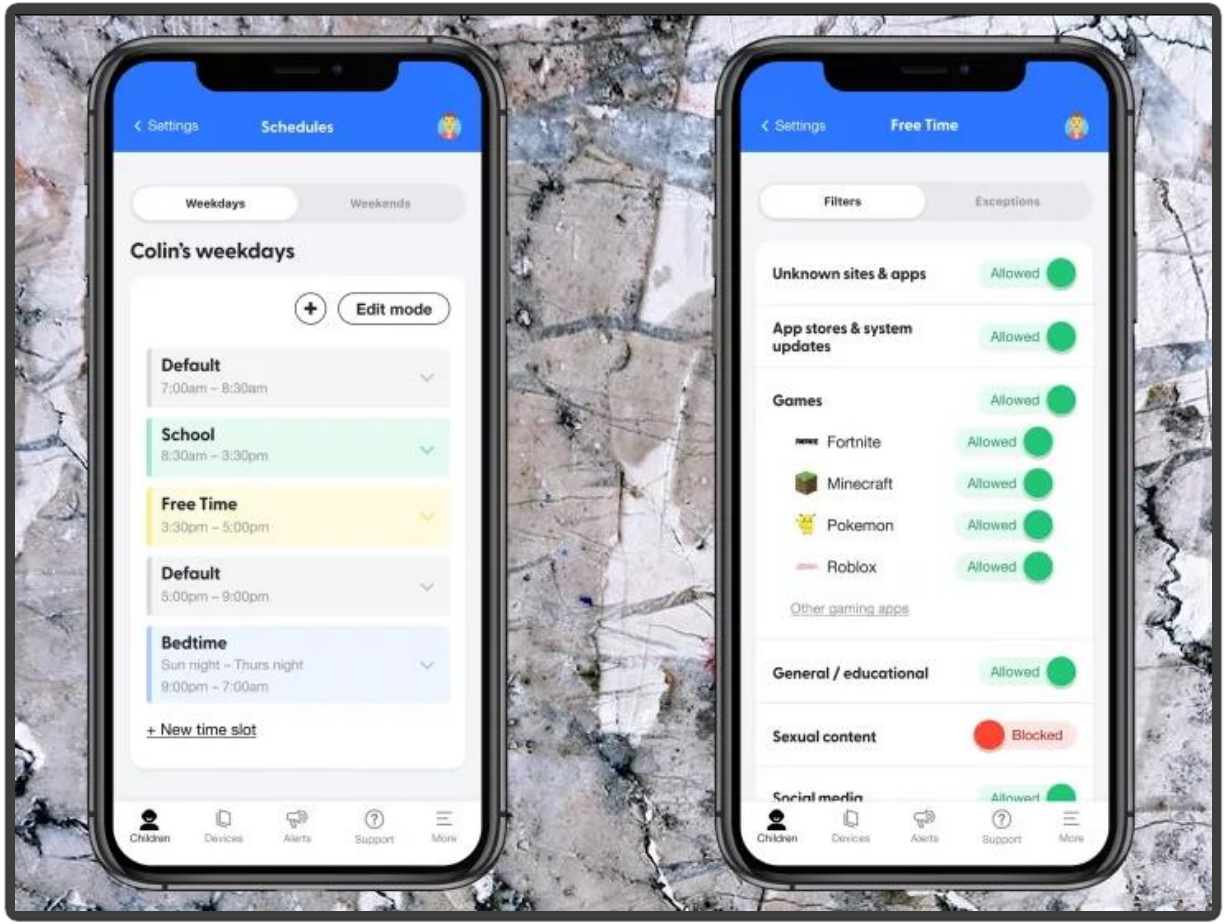
Keep Balance

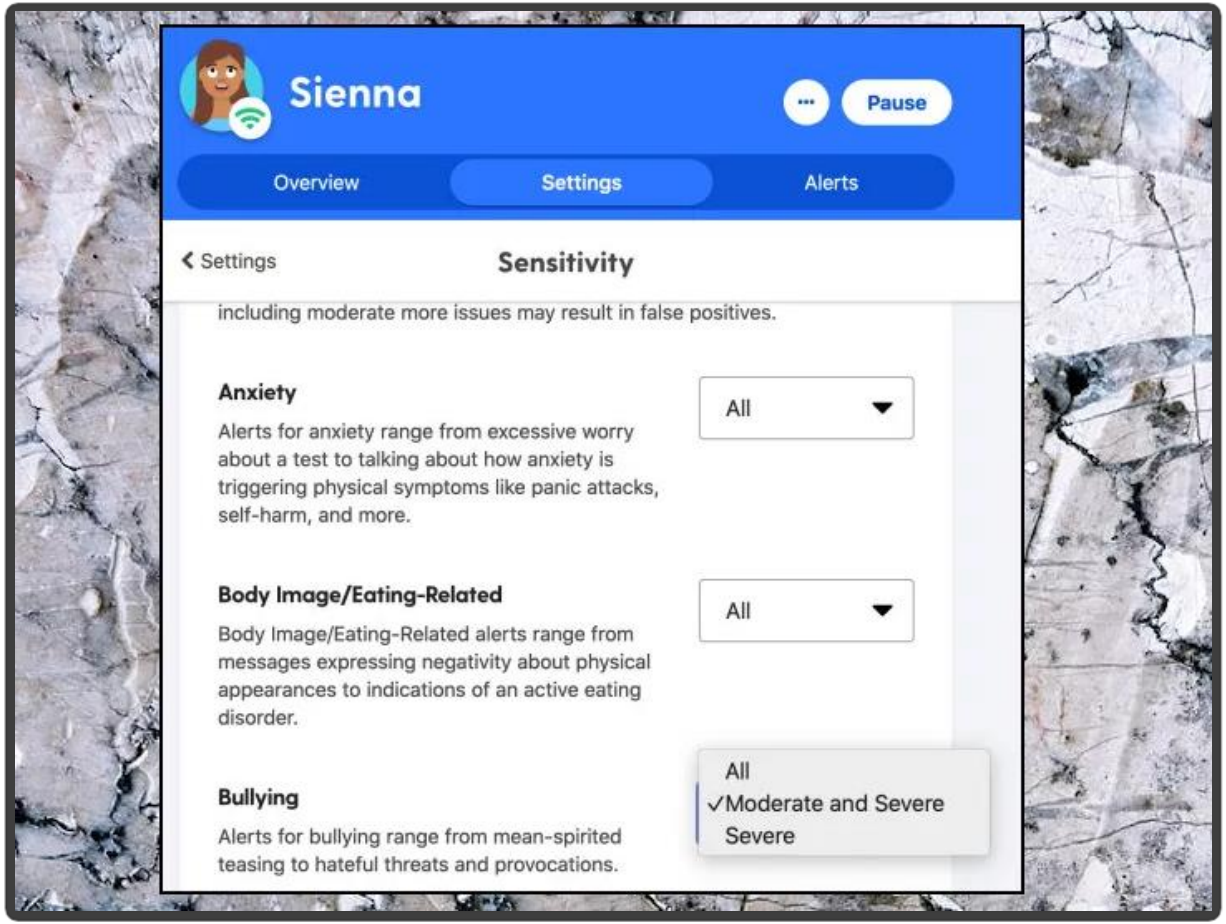
Turn the internet off for select family members during homework or bedtime. Even give out more online time as a reward.

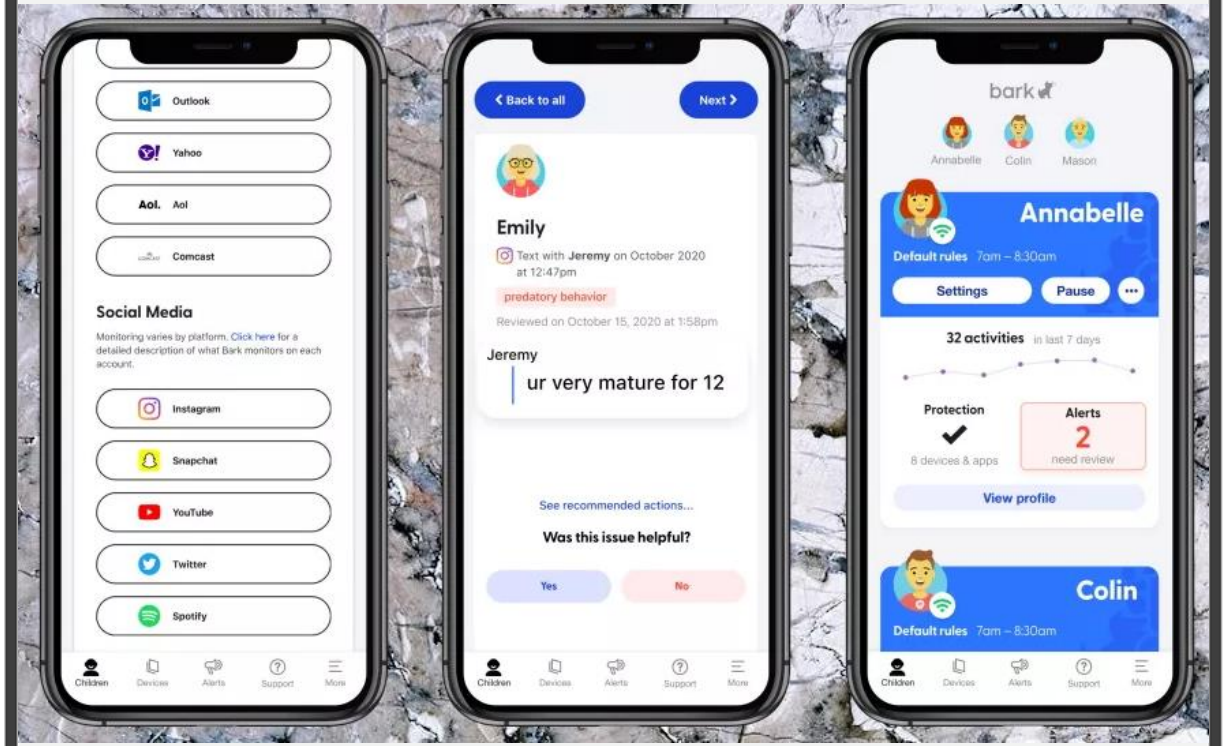
Learn More

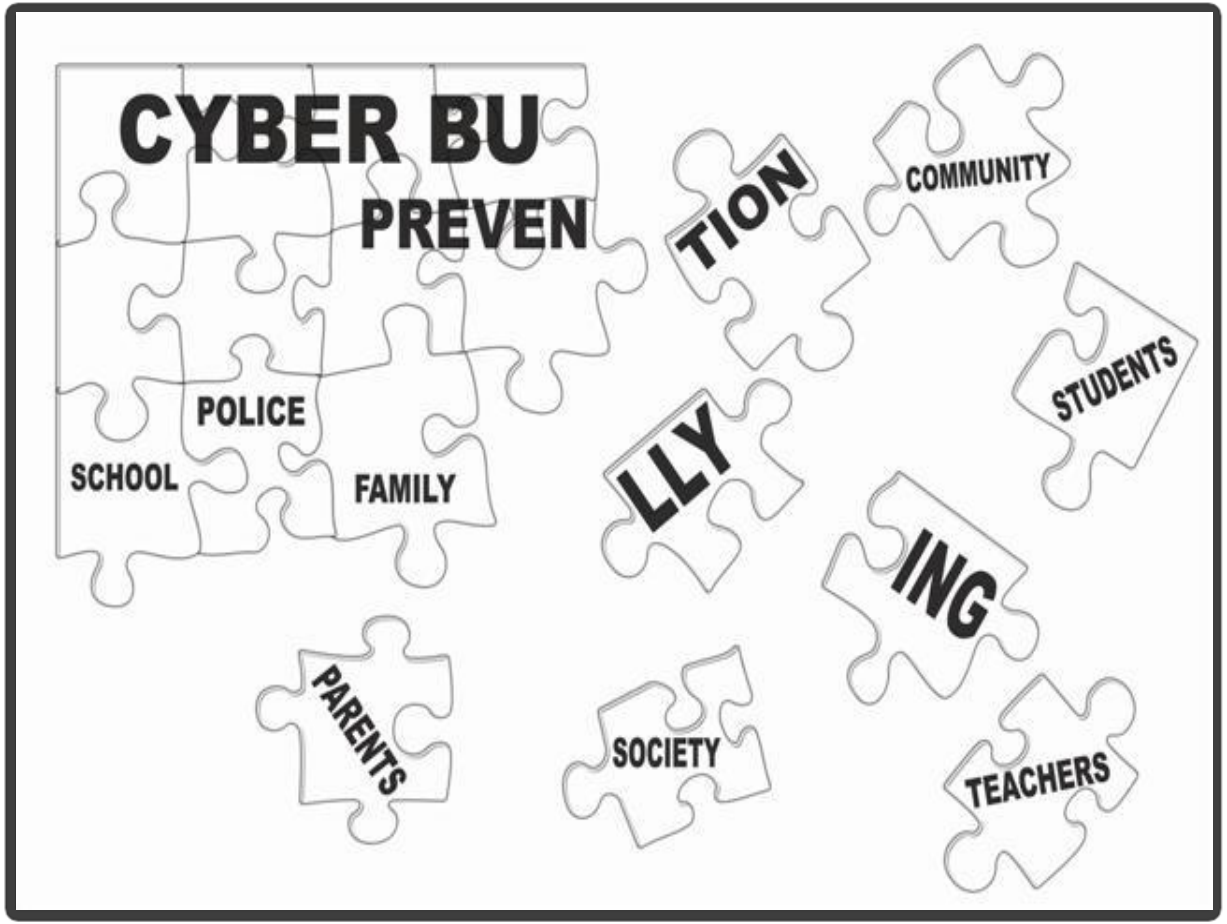
Pause

bark


Settings
Schedules
Weekdays
Weekends
Colin's weekdays
Edit mode
Default
7:00am – 8:30am
School
8:30am – 3:30pm
Free Time
3:30pm – 5:00pm
Default
5:00pm – 9:00pm
Bedtime
Sun night – Thurs night
9:00pm – 7:00am
+ New time slot
Children
Devices
Alerts
Support
More
Settings
Free Time
Filters
Exceptions
Unknown sites & apps
Allowed
App stores & system updates
Allowed
Games
Allowed
Fortnite
Allowed
Minecraft
Allowed
Pokemon
Allowed
Roblox
Allowed
Other gaming apps
General / educational
Allowed
Sexual content
Blocked
Children
Devices
Alerts
Support
More


Sienna
Pause
Overview
Settings
Alerts
Settings
Sensitivity
including moderate more issues may result in false positives.
Anxiety
Alerts for anxiety range from excessive worry about a test to talking about how anxiety is triggering physical symptoms like panic attacks, self-harm, and more.
All
Body Image/Eating-Related
Body Image/Eating-Related alerts range from messages expressing negativity about physical appearances to indications of an active eating disorder.
All
Bullying
Alerts for bullying range from mean-spirited teasing to hateful threats and provocations.
All
✓Moderate and Severe
Severe


Outlook
Yahoo
Aol.
Aol
Comcast
Social Media
Monitoring varies by platform. Click here for a detailed description of what Bark monitors on each account.
Instagram
Snapchat
YouTube
Twitter
Spotify
Children
Devices
Alerts
Support
More
Back to all
Next
Emily
Text with Jeremy on October 2020 at 12:47pm
predatory behavior
Reviewed on October 15, 2020 at 1:58pm
Jeremy
ur very mature for 12
See recommended actions...
Was this issue helpful?
Yes
No
bark
Annabelle
Colin
Mason
Annabelle
Default rules 7am – 8:30am
Settings
Pause
32 activities in last 7 days
Protection
8 devices & apps
Alerts
2
need review
View profile
Colin
Default rules 7am – 8:30am


CYBER BU
PREVEN
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COMMUNITY
STUDENTS
POLICE
SCHOOL
FAMILY
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PARENTS
SOCIETY
TEACHERS

CYBERBULLYING RESEARCH CENTER

RESOURCES LAWS RESEARCH PRESENTATIONS BLOG BOOKS CONNECT

Organizations Worked With

NAMI facebook twitter intel