CYBERBULLYING

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BULLYING + TECHNOLOGY = CYBERBULLYING
DEFINED

“willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.”
EXAMPLES OF CYBERBULLYING

- Sending mean texts
- Photoshopping pictures
- Creating fake profiles
- Posting fight videos
- Spreading rumors and gossip
- Posting embarrassing pictures
- Sending threatening or harassing comments
CYBER VS TRADITIONAL BULLYING

- Cyber
- Anonymous
- Viral
- Distant & Impersonal
- Largely unsupervised
DIFFERENCES BETWEEN CYBERBULLYING & BULLYING

• Spreads faster
• Wider audience
• Follows children home
A Cyberbullying Victim Might

- Stop using the computer or cell phone
- Act nervous when receiving an email, IM or text
- Seem uneasy about going to school
- Withdraw from friends and family
NEGATIVE EFFECTS

- Depressed
- Sad
- Angry
- Frustrated
- Afraid or embarrassed to go to school
- Low self-esteem
- Family problems
- Academic difficulties
- School violence
- Various delinquent behaviors
- Suicidal thoughts
- Sexual exploitation
WHERE DOES CYBERBULLYING COMMONLY OCCUR?

• Popular Instagram, Snapchat, Musical.ly, and Twitter
• Video-sharing sites (such as YouTube)
• Portable gaming devices
• Augmented reality (AR) and virtual reality (VR) environments
• Social gaming sites
• Anonymous apps that come and go on a regular basis
Unfortunately, there is no comprehensive list of apps parents & teens should avoid. If an app can be used to communicate statements or ideas, it can be used for sexting or cyberbullying as well. Ultimately, supervision & education remain a parent or professional’s best defense against digital drama.
CYBERBULLYING BEHAVIORS

- Quickly switches screens or closes programs
- Uses the computer at all hours
- Gets unusually upset if they cannot use the computer
- Laughs excessively while online
- Avoids discussions about what they are doing
- Uses multiple online accounts
OBSTACLES

“NOT A BIG DEAL”
“more serious forms of aggression to worry about”
Dismissive

JURISDICTIONAL ISSUES
Parents
School
Law Enforcement

CULTURE
Requires a more comprehensive approach
STEPS TO TAKE IMMEDIATELY

• Don’t respond
• Keep evidence
  • Record the dates, times, and descriptions of instances when cyberbullying has occurred.
• Block the person who is cyberbullying
• Save and print screenshots, emails, and text messages.
• Report
REPORT CYBERBULLYING TO ONLINE SERVICE PROVIDERS

• Cyberbullying often violates the terms of service established by social media sites and internet service providers.
• Review their terms and conditions or rights and responsibilities sections. These describe content that is or is not appropriate.
• Visit social media safety centers to learn how to block users and change settings to control who can contact you.
• Report cyberbullying to the social media site so they can take action against users abusing the terms of service.
WHEN CYBERBULLYING INVOLVES THESE ACTIVITIES IT IS CONSIDERED A CRIME

• Threats of violence
• Child pornography or sending sexually explicit messages or photos
• Taking a photo or video of someone in a place where he or she would expect privacy
• Stalking and hate crimes

• David’s Law (Texas) 2017
  • It allows victims younger than 18 to seek injunctions and restraining orders in court, and it criminalizes online harassment if it can be proven that a bully intended for a victim to hurt himself.
  • Discipline or expel students for cyberbullying that occurs off campus
How to Prevent It

- Establish expectations for online behavior
- Set consequences for cyberbullying
- Model good online behavior
95% of teens in the U.S. are online, and the vast majority via mobile device

CONSTANTLY CONNECTED

Several issues emerge:

- Inappropriate content
- Online privacy
- Sexting
- Online sexual solicitation
**Talk about the risks at every age**

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TALK TO YOUR CHILD ABOUT NOT BEING A BYSTANDER.

- Establish expectations for reporting
- Encourage them to stand up for the victim
- Help them report the cyberbullying
RESOURCES


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**OnGuardOnline**
Tips to help you stay safe and secure online

**NetSmartz Workshop**