

Cyberbullying

Alyssa Domenici- Licensed Mental
Health Counselor

Bullying Prevention

- October was national bullying prevention and awareness month.
- Students in grades K-8 participated in bullying prevention lessons.
- Students in grades K-1 were shown the video “Spookley the Square Pumpkin” and asked after the video to draw their own pumpkin and list one way they pledge to be kind to others.
- Students in grades 2-8 were shown a video on how to prevent cyberbullying and what to do if you are the target of a cyber bully. Students created anti-bullying slogans and messages to show how they as a class pledge to be bully free.
- In addition, grade 8 students also created “campaign” posters for Respecting Others.

Cyberbullying Videos

- <https://www.youtube.com/watch?v=peDosNN7I3w>
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Did you Know?

- About 1/3 of online teens (12-17) have been cyberbullied. Girls are more likely than boys to be a victim of cyberbullying. (Lenhart A. Cyberbullying and Online Teens. Pew Internet & American Life Project, 2007.)
- 24% of children state that they do not know what to do if they are victims of cyberbullying (MacAfee, 2014.)
- 39% of children do NOT know how to enable their privacy settings (MacAfee, 2014.)
- 19% of cyberbullying often entails the spreading of rumors (Sameer Hinduja and Justin W. Patchin, 2015.)

Common Forms of Cyberbullying

Cyberbullying - Willful and repeated harm inflicted through the use of computers, cell phones and other electronic devices.

- Flaming and Trolling - Posting hostile messages intended to “inflame” the emotions of others.
- Happy-Slapping - Recording someone being harassed or bullied, usually in a physical manner.
- Identity Theft/Impersonation - Stealing usernames and passwords, hijacking someone’s account.
- Photoshopping - Doctoring images
- Physical Threats - Sending messages that involve threats to persons safety.
- Rumor Spreading - Spreading gossip through email, text, or other social networking sites.
(<http://www.netsmartz.org/Cyberbullying>)

Student Prevention

- During classroom bullying prevention lessons, students were asked how to prevent cyberbullying.
- Common responses were: block the person, tell an adult, ignore it, and change usernames.
- This all sounds reasonable in concept, however, how can we be sure the students will follow through and tell an adult, or block the person that is causing the problem?
- Parent support and involvement is an integral aspect of ending cyberbullying.

Parent Prevention

- One of the main things you can do as a parent is monitor what your children are doing online.
- Know what apps they have downloaded, know their user names and passwords to these apps.
- Let your children know that you will be logging on and checking these apps occasionally to monitor their safety (and actually follow through with doing this).
- Let your child know this is not about distrust for them, however, it is another way as a parent you are trying to keep them safe.

Parent Prevention (continued)

- Look for red flags/warning signs with your child's behaviors. Are they avoiding certain apps or websites? Are they avoiding certain people/places?
- Be aware of new technology, new websites and apps that come out. Know how to navigate these websites and apps. Know what they are most commonly used for.

Response to Cyberbullying

- If your child is being cyberbullied. Report it through the app or website.
- Save images or screen shots of the bullying and make sure to note the date and time the bullying occurs.
- If your child is being bullied via text messaging, change the phone number.
- If a website or web page has been made to hurt your child, contact the internet service provider and ask the website to be removed.

Keep Open Communication

- Talk to your child, ensure they feel comfortable expressing their issues to you.
- Ask questions about how they would respond to a bully, and if they have witnessed bullying.
- Encourage your child to speak to adults when there is an issue. Make sure they feel comfortable reporting any sort of bullying.

Resources

- An excellent resource for both parents and children is www.netismartz.org
- Other helpful resources include:
www.stopbullying.gov , www.safekids.com
www.connectsafely.org , www.ncpc.org ,
www.stopcyberbullying.org