

Understanding Cyber-Bullying

Some Statistics

Over **half** of adolescents and teens have been bullied online, and about the same number have engaged in cyber bullying.

1 in 10 adolescents or teens have had embarrassing or damaging pictures taken of themselves with-
out their permission, often using cell phone cameras.

Over **25 percent** of adolescents and teens have been bullied re-
peatedly through their cell phones or the Internet.

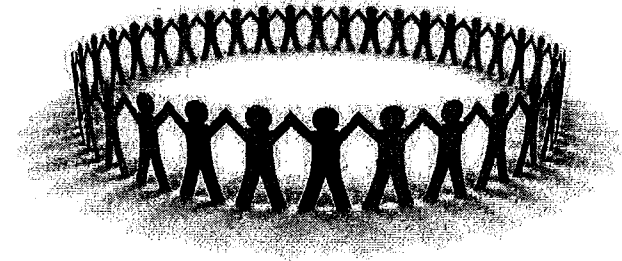
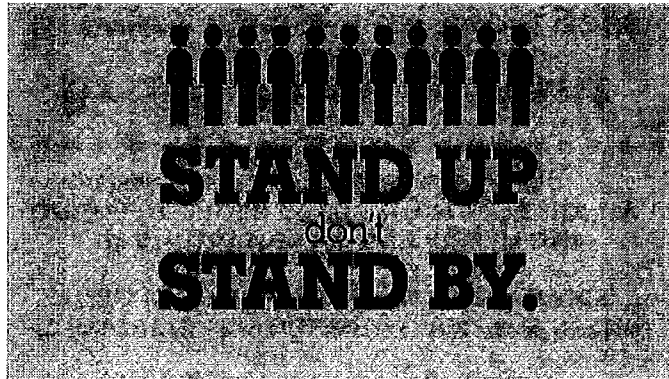
Well **over half** of young people do not tell their parents when cyber bullying occurs.

Side effects of Cyber-Bullying

Youth who are bullied have a higher risk of depression and anxiety.

Youth who are bullied are more likely to struggle personally and at school.

Regular bullying can lead to negative thoughts about suicide, sometimes persisting into adulthood.



Parent Involvement

Studies have shown that kids whose parents are more involved in their social media lives were less likely to remain upset about something that happened online.

Encourage your child to...

- Save any evidence (texts, pictures, screenshots, etc.)
- Not respond
- Talk to an adult
- Act appropriately and responsibly

BECOMING CYBER SAVVY



The American Pediatric Association recommends

2 year olds and younger:
NO SCREEN TIME

3- 18 year olds:
2 hour/day limit



5 TIPS TO "HEALTHY MEDIA DIET"

1. FIND A BALANCE: INSTEAD OF COUNTING DAILY SCREEN-TIME MINUTES, AIM FOR A BALANCE THROUGHOUT THE WEEK
2. WALK THE WALK: PARENTS PUT DEVICES AWAY WHILE DRIVING, AT MEALTIME AND DURING IMPORTANT CONVERSATIONS
3. TALK ABOUT IT: ASK QUESTIONS REGARDING KIDS INTERESTS RELATED TO MEDIA PREFERENCES
4. CREATE TECH FREE ZONES: SET RULES THAT FIT YOUR FAMILY
5. CHECK RATINGS: CHOOSE AGE-APPROPRIATE, HIGH-QUALITY MEDIA AND TECH FOR YOUR KIDS



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Why is Technology Addicting?

- it fulfills our natural human need for stimulation and interaction
- it impacts the pleasure systems in the brain in similar ways to substances.
- it stimulates Dopamine in our brains because of the unpredictability that social media and texting

Brain Development

Between ages 0-3 the brain goes through a **critical period**. The changes that happen are the foundation of later brain functioning. For normal brain development, a child needs stimuli from the **outside environment**. When a young child spends too much time in front of a screen and not enough getting required stimuli from the real world, **development becomes stunted**.



RED FLAG APPS

Blue Whale Challenge App
Calculator% Private Photo App
Finstagram App
Sarahah App
Yik Yak App

For explanations on these apps and the full list visit: www.smartsocial.com/app-guide-parents-teachers/

"A healthy approach to children's media use should both minimize potential health risks and foster appropriate and positive media use-in other words, it should promote a healthy 'media diet'."

-Marjorie Hogan, MD, FAAP



Sign up for the social media sites your kids are on and follow them!

Spend time on the same social networks your kids are on to get a sense of how they work and what impact they may have on your kids.



Studies have found that kids whose parents are more involved in their social media lives were less likely to remain upset about something that happened online. Teach your kids to be "upstanders"

Warning Signs

- Compulsive checking of text messages
- A feeling of euphoria while on the Web
- Social withdrawal
- Neglecting friends and family
- Skimping on sleep
- Dishonesty about usage
- Loss of interest in other activities
- Restlessness when unable to go online