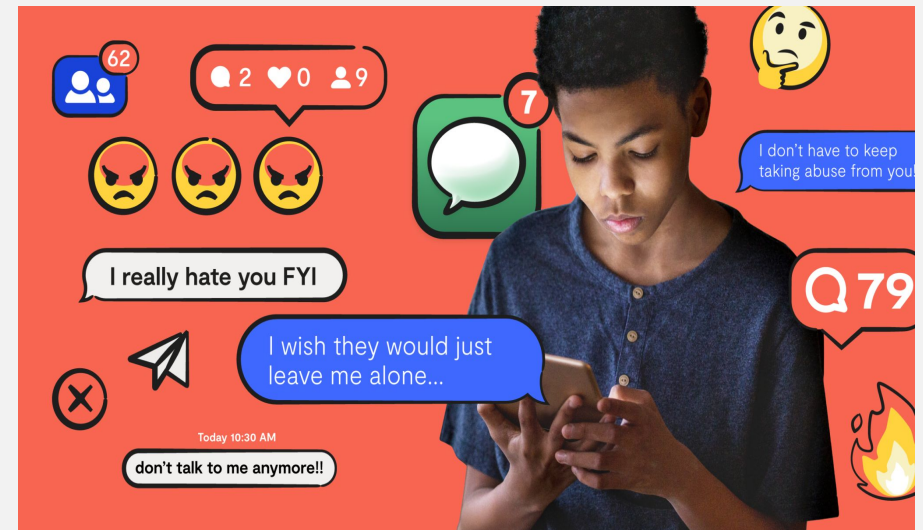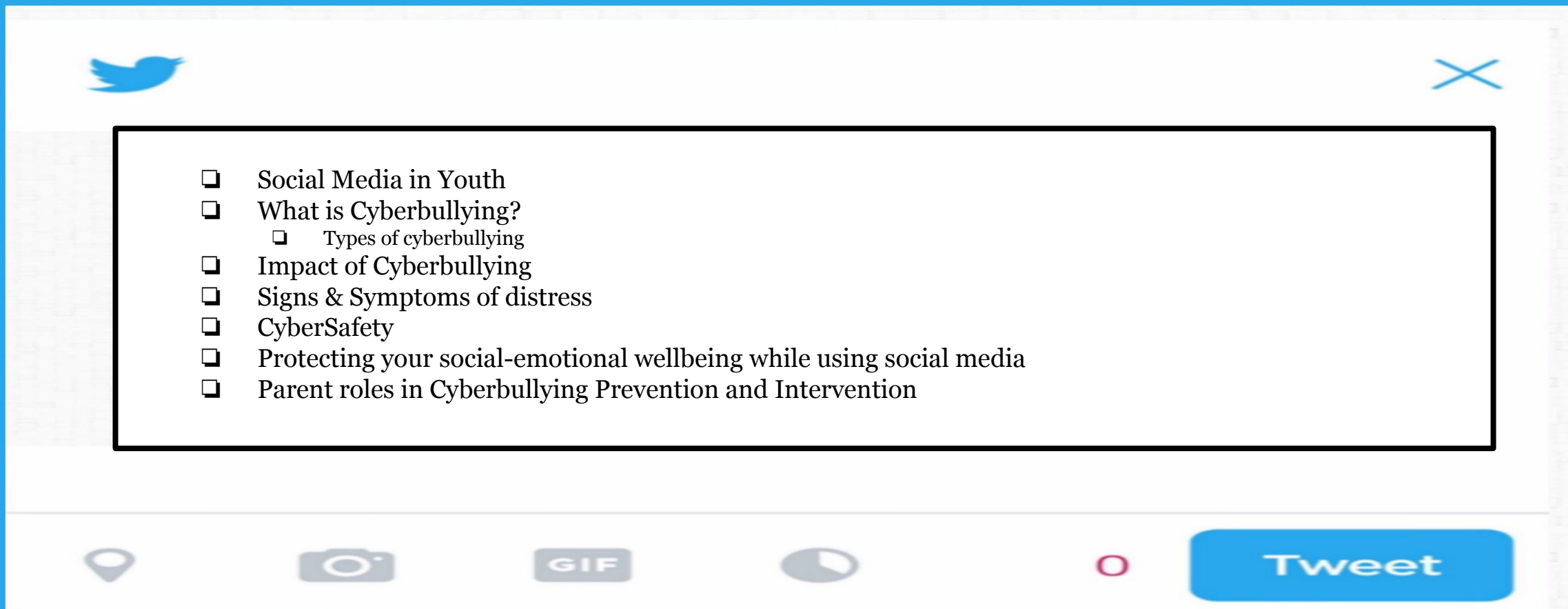# youme

Social Media & the Effects of Cyberbullying on Teen Mental Health

March 2023

Presentation Objectives

❏   Social Media in Youth
❏   What is Cyberbullying?
  ❏   Types of cyberbullying
❏   Impact of Cyberbullying
❏   Signs & Symptoms of distress
❏   CyberSafety
❏   Protecting your social-emotional wellbeing while using social media
❏   Parent roles in Cyberbullying Prevention and Intervention

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Social Media in Youth
Most Popular Social Media Apps & Interactive Games

Let's take a poll

Social media has both positive <u>and</u> negative effects on adolescent well-being and health

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What is Cyberbullying?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through text messages, social media apps, chat rooms, or game sites.

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

Source: www.StopBullying.gov

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The Most Interesting Cyberbullying Facts

- **7 out of 10** young people experience cyberbullying before the age of 18

- The most common type of online bullying is **mean comments** 22.5%

- **35%** shared a screenshot of someone's status or photo to laugh at them

- Girls are more than likely than boys to be both victims and perpetrators of cyberbullying

Cyberbullying in social media

Share of social media platforms where cyberbullying occurs the most: Instagram, Facebook, Snapchat, WhatsApp, YouTube, and Twitter

#	Platform	%
1	Instagram	42%
2	Facebook	37%
3	Snapchat	31%
4	WhatsApp	12%
5	YouTube	10%
6	Twitter	9%
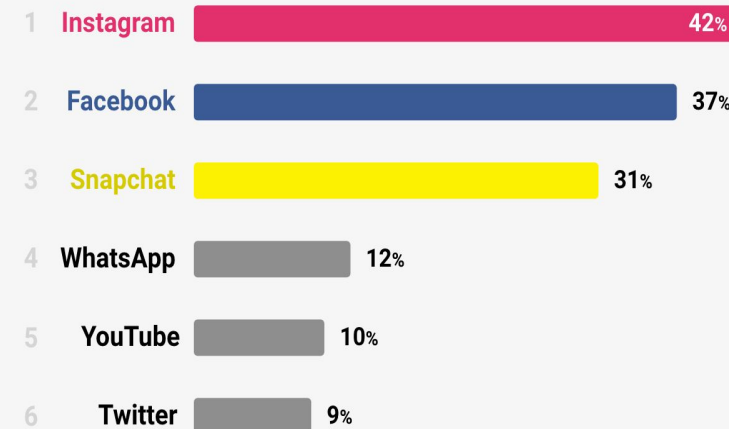
Source: enough.org

firstsiteguide.com

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Types of Cyberbullying

Cyber-stalking: Watching someone closely online, making threats to someone or false accusations. This is a <u>criminal offense</u>.

Dissing: Spreading cruel information about someone to damage their reputation

Exclusion: Intentionally leaving someone out of a group chat, chat room, or message thread

Harassment: Constantly sending hurtful messages online to someone

Outing: Revealing someone's gender or sexual identity without their consent

Trolling: Posting negative comments online about someone to hurt them

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Solving America's Child Mental Health Crisis

Impact of Cyberbullying

Cyberbullying negatively impacts kids and teens which leads to various mental and physical health problems

- 93% of kids and teens who were victims of cyberbullying reported experiencing depression (Nixon, 2014)

- Out of 77% of adolescents who experienced bullying, 70% also had suicidal thoughts (Alavi et al., 2017)

- Martínez-Monteagudo et al. (2020) found a positive relationship between cyberbullying and social anxiety

- Patchin and Hinduja (2010) found that kids and teens who had been cyber bullied had lower self-esteem than their counterparts

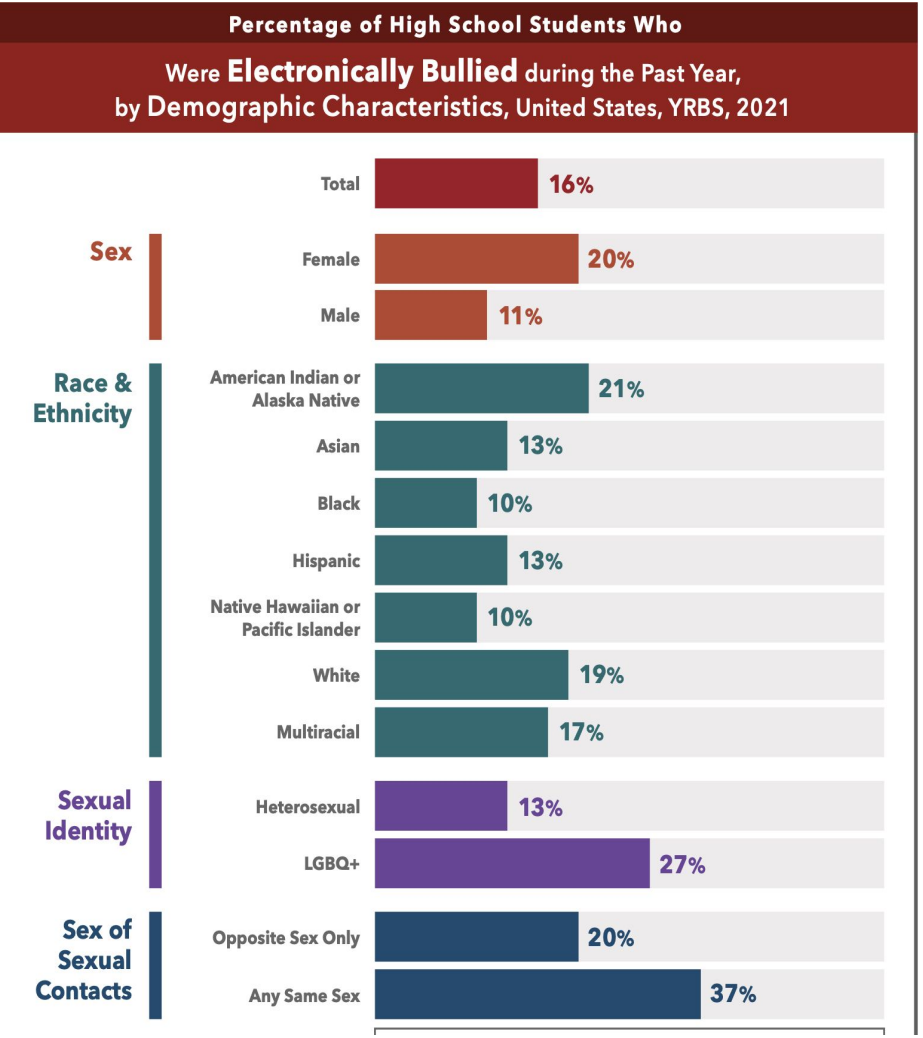- Other effects include the development of eating disorders and sleep problems

Instagram

- Instagram has a zero tolerance for cyberbullying yet is is 1 of 5 social media apps with the highest percentage of users reporting cyberbullying

- Instagram usage is associated with greater social comparison, body dissatisfaction, and eating disorders (Moreton et. al, 2022)

- There is a correlation between Instagram usage and the presence of eating disorder symptoms (Griffiths et. al, 2020)

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Signs and Symptoms of Distress

- Withdrawal or isolating from family, friends, school, or social settings
- Sudden decline in grades or performance at school
- Refusal or avoidance of going places including school, out with friends or family, etc.
- Behaviors of hiding messages or content when others are around
- Frequent or uncontrollable crying
- Reports of bullying incidents
- Contemplation of death, suicidal ideation, or homicidal ideation (active plan)
- Lack of functioning in daily activities
- Intense increase in any of their presenting symptoms
- Erratic or impulsive behavior
- Out of the norm behaviors compared to their baseline
- Major changes in patterns of their daily habits

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Statistics about Being Electronically Bullied

Percentage of High School Students Who
Were **Electronically Bullied** during the Past Year, by **Demographic Characteristics**, United States, YRBS, 2021

	Total	16%
Sex	Female	20%
	Male	11%
Race & Ethnicity	American Indian or Alaska Native	21%
	Asian	13%
	Black	10%
	Hispanic	13%
	Native Hawaiian or Pacific Islander	10%
	White	19%
	Multiracial	17%
Sexual Identity	Heterosexual	13%
	LGBQ+	27%
Sex of Sexual Contacts	Opposite Sex Only	20%
	Any Same Sex	37%

- **Sex: 20% of female students compared to 11% of male students experience cyberbullying**
- **Race & Ethnicity: The top 2 ethnic groups that are cyberbullied are American Indian or Alaska Native (21%) and White (19%)**
- **Sexual Identify: LGBQ+ students are twice as likely than heterosexual students to experience cyberbullying (27%, 13%, respectively)**

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Protecting your Well-Being while using Social Media

Quick Tips:
- **Don't compare yourself to others**
- **Let Go of FOMO (Fear of Missing Out)**
- **Unplug for a good night's sleep**
- **Support and Connect with others**
- **Unfollow and/or block those that bring you down and other negative influences**
- **Take a break from screen time**
- **Don't always believe what you see!**
- **Get connected - in real life! Spending time outside and doing other activities**

Unfollow.
Unlike.
Unfriend.
Close account.
Yes, I am sure.
Delete app.
Look up.
Breathe.
Think.
Live.

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How to Cope with Cyberbullying

- Seek support from friends and family (Finding a safe person to talk with at home or school is a first step).
- Set limits for social media and technology use.
- Follow people on social media that bring positivity and inspiration.
- Use positive self-statements to maintain positive self-esteem during an incident.
- REPORT: Contact the app, social media platform to remove undesired behavior, if there is a dangerous threat to victim report to the police.
- Document everything from cyberbullying incidents. This can provide evidence and additional support to address the problem.

Sources: Psychologytoday.com. Taking on Cyberbullying.https://www.psychologytoday.com/us/blog/teen-angst/201011/taking-cyberbullying

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How to Protect Yourself to Prevent Cyberbullying

Keep information (passwords, Usernames, phone numbers, address) private and not shared online.
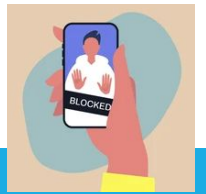
Block messages, calls, and accounts that show undesirable behavior.

Do not respond or accept friend requests of strangers. Connect with only close friends and family.

Avoid posting information that you do not want other people to know or see.

What you post on social media stays there!

Seek help when needed and help support others going through cyberbullying.

Friend request
CONFIRM   IGNORE

CAUTION
Social media can cause serious damage to your mental health

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Parents Role in Cyberbullying

Familiarize yourself with all types of social media platforms.

Establish open communication with your child.

Discuss safety concerns and what to look out for with social media.

Get to know and trust their friends.

Determine if social media is appropriate for your child to use and what is an appropriate amount of access.

Providing education on what not to put out on the internet is essential.

Monitor the use of your child's social media if possible (include weekly check-ins, having the password to accounts, or limiting access to all or certain sites).

Source: Danielle Flores, LCPC, Tiffany Casey, LCSW-C, Jacqueline Mitchell, LMSW. Parenting and Social Media.

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Reliable Resources for Mental Wellbeing

Work2BeWell (W2BW) https://work2bewell.org/

ICanHelp https://www.icanhelp.net/

Well Being Trust https://wellbeingtrust.org/

National Alliance on Mental Illness https://nami.org/Home

Thank You

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