

Cyber Bullying

Patchogue-Medford Family Center

Cyber Bullying Definition

- Using any form of electronic media (Internet, Snapchat, Facebook, Twitter, Instagram, TikTok, Discord, Cell Phones, computer, laptop, etc.) to send or post texts or images intended to hurt or embarrass another person



Stats

- Close to 80% of young people use the Internet or social media websites to reinvent themselves in order to feel accepted.
- 90% of adolescents between the ages of 13 and 17 have used social media in the past, while 75% still maintain a profile.
- More than half check their profiles via mobile devices and access social media daily.
- In terms of parent involvement, only 70% claim to monitor their children's activity on social networking websites, while only 46% have access to the accounts.
- About half of adolescents claim to have posted or shared something on the Internet that they **regretted**.
- More than half of children ages 10 to 17 have shared or posted inappropriate or risky content online.
- Of people between the ages of 16 and 34, 8% have lost out on job opportunities because of content on their social media profiles.

(Lions-quest.org, 2020)

Rude, Mean, Cyber Bullying

WHAT'S THE INTENTION?

- Rude Comment- A hurtful comment that was not intended to harm.
- Mean Comment- A hurtful comment that WAS intended to harm.
- Cyber Bullying- Repeated hurtful comments, posts etc., that are intended to harm.
- Be mindful that it's not always what you say, it's how you say it based on your tone, volume and how it's perceived.



Forms of Cyber Bullying

- **Stalking**: sending frightening or threatening messages to a person to cause worry or fear
- **Harassing**: sending frightening and threatening messages, persistently and repeatedly
- **Text messaging**: repeatedly sending messages via text with the intent to harass and run up the targeted person's cell phone bill
- **Humiliating**: spreading rumors to damage a targeted person's reputation
- **Impersonating**: assuming a targeted person's identity to damage his or her reputation
- **Password theft**: identifying and stealing a targeted person's passwords to cause issues with frequented websites, including social media accounts
- **Web site creating**: creating websites that include images and statements to defame a targeted person
- **Using inappropriate photos**: posting or forwarding embarrassing photos of a targeted person or altering photos and posting them to humiliate or emotionally upset the targeted person

(Lions-quest.org, 2020)

Video

- Cyber Bullying Video



Caution

- **Be Careful!** Everything you type into a screen gets recorded electronically. You are leaving cyber footprints all over the place when you get on-line!
- **Be mindful.** Things can be screen recorded through snapchat or other social media outlets even though that may not be your intent.



What to do if Cyber Bullied

- Tell someone (parent, teacher, counselor) - Don't keep this to yourself.
- Tell a trusted adult about the bullying.
- Don't open or read messages by Cyberbullies.
- Tell the police if threatened.
- Tell your school if it is school related.
- Don't send a message when you are angry – it is hard to undo things that are said in anger.
- Keep the lines of communication open.



What to do if Cyber Bullied

- Don't give out private information such as passwords, pins, name, address, phone number, school name, or family and friends names.
- Protect yourself – never agree to meet with the person or with anyone you meet online.
- If bullied through chat or instant messaging, the “bully” can often be blocked. If so, block them!
- Don't erase the messages – they may be needed to take action. Instead, put them in a folder unread.

Examples of Cyber Bullying

- Creating or joining a hate group.
- Posting mean comments online.
- Photoshopping someone's face in, to embarrass them.
- Recording and posting fight videos.
- Spreading rumors and gossip through text messages.
- Stealing someone's identity to create a fake profile page.



Signs of Cyber Bullying

- Avoiding devices and appearing stressed when receiving email/texts.
- Withdrawing from family, friends; especially during social events.
- Exhibiting signs of fear, low self-esteem, depression.
- Declining grades.
- Poor eating/sleeping habits.



Bystanders

**STOP
BULLYING
NOW**

STAND UP • SPEAK OUT

Bystanders can play an important role in helping to stop cyberbullying and other bullying behaviors:

- 1. Tell those who engage in a bullying behavior to stop picking on targeted students. By not speaking up, the bystander is condoning the abusive activities.
- 2. Refuse to participate in any activity that harms, shames, harasses, or hurts another.
- 3. Refuse to forward pictures or hurtful information or perpetuate rumors about a targeted student.
- 4. Befriend a targeted student and tell him or her that cyberbullying or the bullying behavior is wrong. Tell the student that it is not his or her fault that he or she is being abused.
- 5. Send an anonymous tip to your school or leave a message on the after-hours voice mail system reporting the witnessed bullying behavior and the targeted student.
- 6. Speak out against any form of bullying when they hear it being discussed. Remember that without the support of bystanders, there is little enjoyment in harassing others.

(Lions-quest.org, 2020)

Prevention

- Help your child understand Cyber Bullying and its consequences
- Communicate with your child
- Encourage your child to do what she/he loves
- Model appropriate behavior/cyber-behavior, language with your child



Citations

- NetSmartz, 2020
- Stopbullying.org, 2020
- Lions-quest.org, 2020

