THE IMPACT OF CYBER BULLYING

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QUICK RECAP OF WHAT IS BULLYING

- Unwanted and aggressive behavior that involves an imbalance of power
  - Imbalance can involve physical strength, access to embarrassing information, or status
    - Can change overtime

THE ROLES WE PLAY

- The person who engages in bullying behavior

- The target of the behavior

- Those who assist

- Those who reinforce

- Outsiders/bystanders

- Those who defend

WHY SOME PEOPLE BULLY

- Often do not feel secure or supported in their environment

- Factors that lead to bullying can include:
    - Peers
    - Family
    - Emotional
    - Vocational

WHO IS AT RISK

- Those who are bullied:
    - Perceived as different from peers
    - Perceived as weak or unable to defend themselves
    - Lower sense of self
    - Less popular

- Those who bully
    - Well-connected, having social power
    - OR Isolated and struggling with self-worth
        - Easily frustrated
    - Negative view of others
    - View violence as positive
    - Associate with others who bully

THE COMPLEX NATURE OF CYBERBULLYING

- Takes place digitally

- Includes sending, posting, or sharing negative, harmful, false, or mean content

- Unique
  - Persistent
  - Permanent
  - Harder to detect

WHAT IS CYBERBULLYING

- Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.
  - Includes sending, posting, or sharing negative, harmful, false or mean content
    - Often intended to embarrass or humiliate
      - Can even cross the line into unlawful or criminal behavior
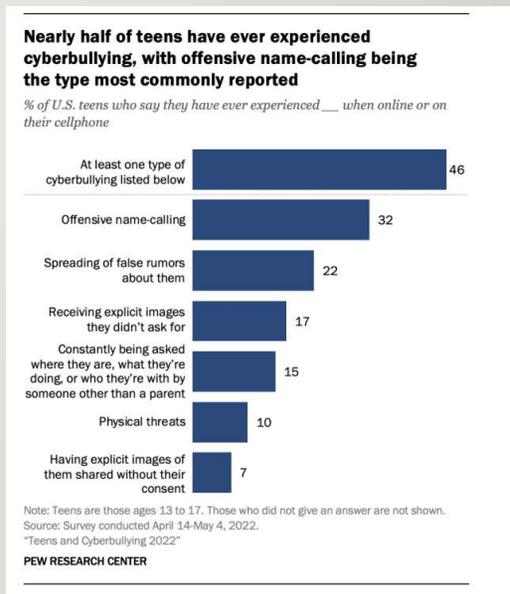
WHERE CYBERBULLYING OCCURS

- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok

- Text messaging and messaging apps on mobile or tablet devices

- Instant messaging, direct messaging, and online chatting over the internet

- Online forums, chat rooms, and message boards, such as Reddit

- Email

- Online gaming communities

IS IT CYBERBULLYING

- https://youtu.be/vtfMzmkYp9E

PREVALENCE RATES

- Nearly 50% of US teens have experienced harassment or bullying online
  - Most often about their appearance

Nearly half of teens have ever experienced cyberbullying, with offensive name-calling being the type most commonly reported

% of U.S. teens who say they have ever experienced ___ when online or on their cellphone

At least one type of cyberbullying listed below	46
Offensive name-calling	32
Spreading of false rumors about them	22
Receiving explicit images they didn't ask for	17
Constantly being asked where they are, what they're doing, or who they're with by someone other than a parent	15
Physical threats	10
Having explicit images of them shared without their consent	7

Note: Teens are those ages 13 to 17. Those who did not give an answer are not shown.
Source: Survey conducted April 14-May 4, 2022.
"Teens and Cyberbullying 2022"

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MORE ABOUT THE NUMBERS

- 95% of teens in the U.S. are online, and the vast majority access the internet on their mobile device, making it the most common medium for cyber bullying.

- 23% of students reported that they've said or done something mean or cruel to another person online. 27% reported that they've experienced the same from someone else

- About half of LGBTQ+ students experience online harassment -- a rate higher than average.

- Young people who experience cyberbullying are at a greater risk than those who don't for both self-harm and suicidal behaviors.

- Only 1 in 10 teen victims will inform a parent or trusted adult of their abuse

- 4 out of 5 students (81%) say they would be more likely to intervene in instances of cyberbullying if they could do it anonymously.

OLDER TEEN GIRLS ARE MORE IMPACTED

Older teen girls more likely than younger girls or boys of any age to have faced false rumor spreading, constant monitoring online, as well as cyberbullying overall

% of U.S. teens who say they have ever experienced ___ when online or on their cellphone

	Offensive name-calling	Spreading of false rumors about them	Receiving explicit images they didn't ask for	Constantly being asked where they are, what they're doing, or who they're with by someone other than a parent	Physical threats	Having explicit images of them shared without their consent	Any cyberbullying
U.S. teens	32	22	17	15	10	7	46
Boys	31	16	15	13	10	5	43
Girls	32	29	19	17	10	8	49
White	35	24	16	14	10	6	48
Black	29	17	21	9	11	10	40
Hispanic	29	21	19	21	10	7	47
Ages 13-14	29	20	11	12	10	4	42
15-17	34	24	22	17	10	8	49
Boys 13-14	31	15	11	12	10	3	41
15-17	32	16	18	13	10	7	44
Girls 13-14	25	24	10	12	9	5	41
15-17	36	33	25	20	10	9	54

Note: Teens are those ages 13 to 17. White and Black teens include those who report being only one race and are not Hispanic. Hispanic teens are of any race. Those who did not give an answer are not shown.
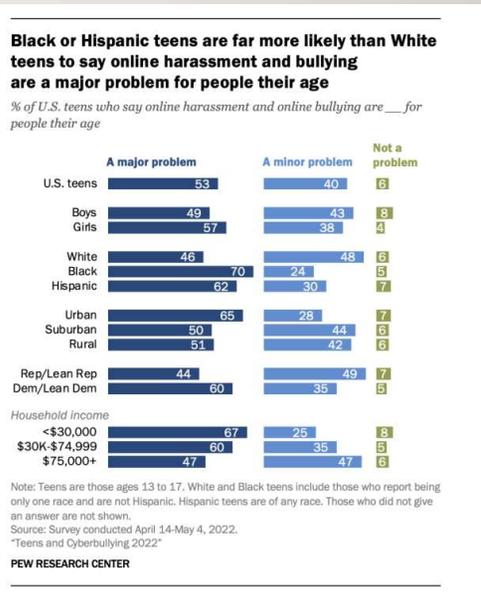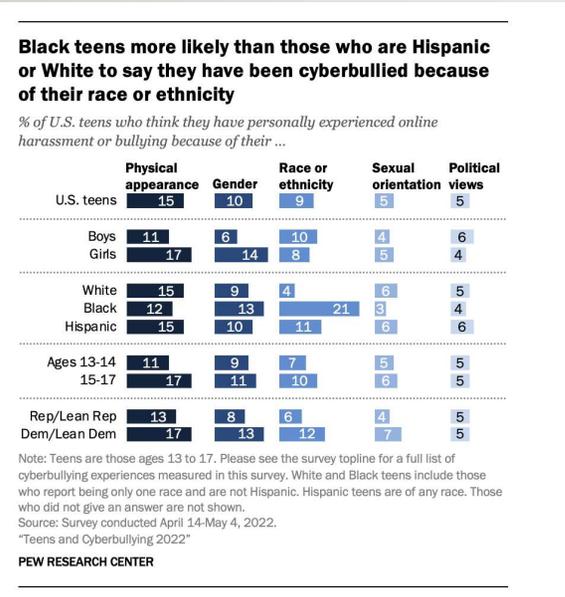Source: Survey conducted April 14-May 4, 2022.
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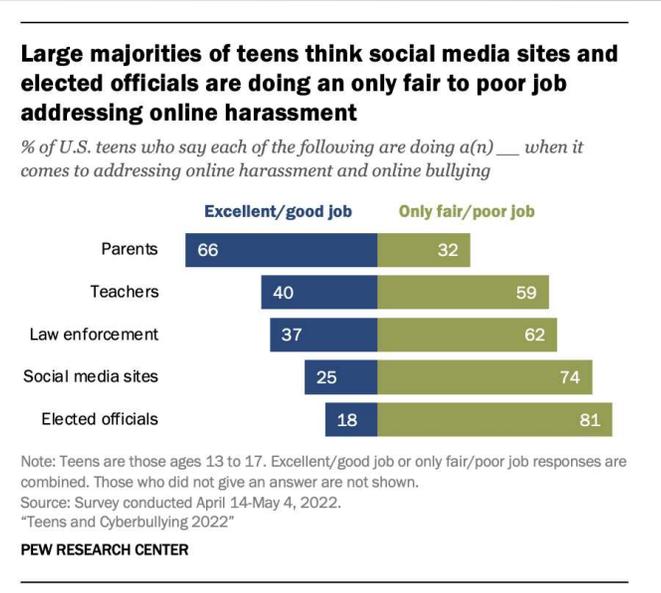# HAVE YOU HEARD OF THESE TERMS?

- Cyberflashing
  - More common among older teens (22% vs 11%)
- Revenge Porn (8% vs 4%)

- And did you know you as parents could be liable?
  - Distribution of child pornography

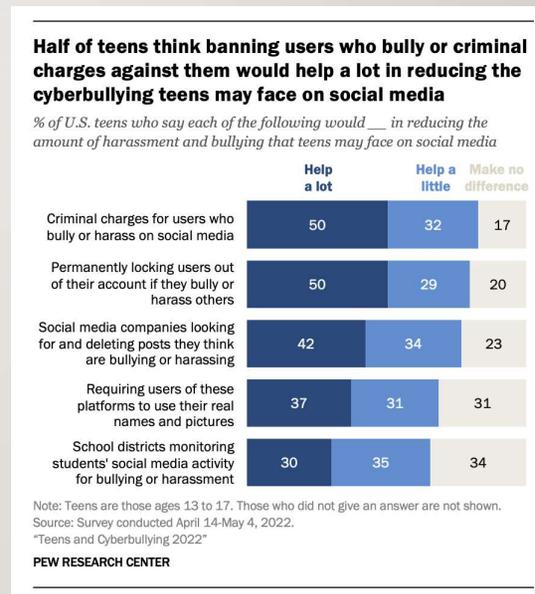# THERE ARE RACIAL AND GENDER IMPLICATIONS

THE KIDS KNOW WE AREN'T DOING ENOUGH

- About 75% of teens think that the government and social media sites are not doing enough to address the issue

Large majorities of teens think social media sites and elected officials are doing an only fair to poor job addressing online harassment

% of U.S. teens who say each of the following are doing a(n) ___ when it comes to addressing online harassment and online bullying

	Excellent/good job	Only fair/poor job
Parents	66	32
Teachers	40	59
Law enforcement	37	62
Social media sites	25	74
Elected officials	18	81

Note: Teens are those ages 13 to 17. Excellent/good job or only fair/poor job responses are combined. Those who did not give an answer are not shown.
Source: Survey conducted April 14-May 4, 2022.
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AND THEY WANT ACTION

- Large majorities of teens believe permanent bans from social media and criminal charges can help reduce harassment on the platforms

Half of teens think banning users who bully or criminal charges against them would help a lot in reducing the cyberbullying teens may face on social media

% of U.S. teens who say each of the following would ___ in reducing the amount of harassment and bullying that teens may face on social media

	Help a lot	Help a little	Make no difference
Criminal charges for users who bully or harass on social media	50	32	17
Permanently locking users out of their account if they bully or harass others	50	29	20
Social media companies looking for and deleting posts they think are bullying or harassing	42	34	23
Requiring users of these platforms to use their real names and pictures	37	31	31
School districts monitoring students' social media activity for bullying or harassment	30	35	34

Note: Teens are those ages 13 to 17. Those who did not give an answer are not shown.
Source: Survey conducted April 14-May 4, 2022.
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IT IS HAPPENING TO ADULTS TOO

- It's a pandemic really…
  - 40% of adults have experienced cyberbullying
  - The amount of online physical threats and sexual harassment has doubled in the last 10 years
    - And from 2017-2020 the numbers may have stabilized, the severity and frequency increased by over 40%
  - 64% of young adults (18-29) have experienced cyberbullying
  - 49% of 30-49 year olds
  - 30% of 50-64 year olds
  - 21% of those 65 and older

THE IMPACT

- Women are more than twice as likely to find the incidents very to extremely upsetting

- 23% of those who experience cyberbullying experience sleep and other ADL implications

- Political views was the most prevalent (49%)

  - Men 57%; women 42%

- Physical appearance was the second-most frequent reason (33%), followed by gender (28%), ethnicity (28%), and religion (21%).

  - Appearence-based cyberbullying includes body and fat shaming

WHAT TO DO IF YOU'RE AN ADULT VICTIM

- Recognize Cyberbullying and Harassment

- Keep Careful Records

- Use Built-In Blocking, Ignoring, and Reporting Tools

- Investigate State Laws for Help

THINGS TO LOOK OUT FOR

- Someone is being bullied
  - Changes in behavior
    - Eating, sleeping, performance
  - Isolation
  - Changes in mental health

- Someone is acting as a bully
  - Associate with others who bully
  - Blames others for their problems/unable to take responsibility for actions
  - Competitive about reputation/status

THE IMPACT

- Those who are bullied:
  - Increase in depression like symptoms
  - Health issues
  - Decreased achievement
- Those who bully others:
  - Higher rates of SUD
  - Destructive behaviors
  - Pattern of abusive behavior expands into other areas of life (relationships, kids, etc)

- Bullying and ACEs

MENTAL EFFECTS SPECIFIC TO CYBERBULLYING

- Depression

- Anxiety

- Low Self Esteem

- Isolation and Secrecy

- Poor Concentration and Focus

- Anger and Aggression

- Feelings of Helplessness

WHAT HAPPENS IF YOU ARE A VICTIM

- What to do
  - Ignore
  - Record
  - Reach Out
  - Cut off the Bully
  - Go high-tech

- What NOT to do
  - Meet them at their level
  - Forward bullying content or messages
  - Believe them

HOW TO PREVENT CYBERBULLYING

- Protect yourself
  - Use those privacy settings!

  - Think before you post

  - Keep it personal

- Bigger Picture
  - Educate yourself

  - Educate others

  - Speak out

HOW TO TALK TO YOUR KIDS ABOUT CYBERBULLYING

- Talk to them about their online activities
  - What are they on
  - Who are they talking to

- Set age appropriate limits and expectations
  - Negotiation is possible
  - And you reserve the right to see what they are doing!

- Tie it back to family values
  - Avoid judgmental language

SCENARIOS

Is it conflict or Bullying?

SCENARIO 1: IMAGE-BASED ABUSE OR CYBERBULLYING

- **Name: Amy**

- **Age: 15**

- Amy broke up with Joe (16 years old) a few months ago. Joe says he is really upset and can't get over her. Even though Amy has asked him to give her some space, he sends her direct messages on social all the time. Amy is shocked when Joe sends her some nude images taken of her when they were in a relationship. He doesn't include a message with the photos. (Source: YeS project)

  - How can Amy and Joe get support?

SCENARIO 2: THAT'S MEAN

- **Name: Thanh**

- **Age: 7**

- Thanh has been sharing videos of his cake creations on his parents' YouTube account. He and his parents decided it would be safe because YouTube doesn't allow comments on videos featuring kids under the age of 13. However, some children in his class posted links to his videos in a Google doc and are making mean comments on it.

    - What should Thanh do?

SCENARIO 3: WHATSAPP

- **Name: Kobe**

- **Age: 7**

- A group of students in Kobe's class have been invited to join the same WhatsApp group. At first, it was to chat about a soccer game, but the students enjoyed using WhatsApp. Soon it seemed like everyone was in the chat. Kobe wasn't asked, and a friend showed him a message posted in the group which said 'Kobe is a cry baby. No one let him in the chat.'

  - How could Kobe's friends help him?

SCENARIO 4: THE HATERS

- Name: YOU

- Age: Today years old

- A number of hate groups have been set up about you.
    - What will you do?
    - Who will you show them to?
    - How do you feel?
    - What's the best way to make them stop?

SCENARIO 5: INVASION OF PRIVACY

- Name: YOU

- Age: Today years old

- Someone has got hold of your password and posted a number of lies on your social network page. They are giving a very bad impression of you to your friends.

  - What will you do about it?

DISCUSSION

How can we prevent cyberbullying in our community?

QUESTIONS?

RESOURCES

- https://www.stopbullying.gov/

- https://www.pacer.org/bullying/info/info-facts.asp

- https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html

- https://www.dosomething.org/us/facts/11-facts-about-cyber-bullying

- https://www.pewresearch.org/internet/2022/12/15/teens-and-cyberbullying-2022/

- https://explodingtopics.com/blog/cyberbullying-stats#adult-cyberbullying-stats