

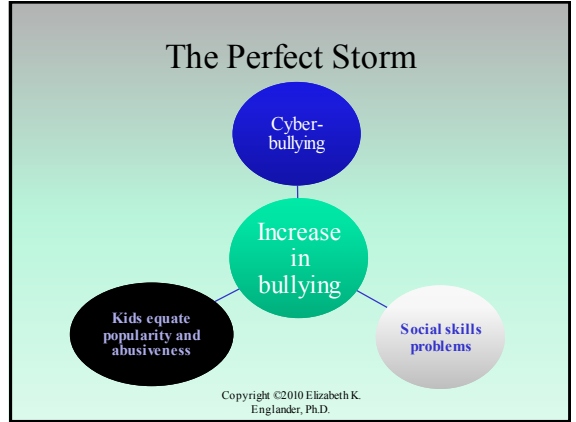


Bullying & Cyberbullying: Information for Parents



Massachusetts Aggression Reduction Center
Bridgewater State University
www.marccenter.org

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BULLYING VS CONFLICT

| | |
|--|--|
| EQUAL POWER - CONFLICT | BULLYING – NOT EQUAL POWER |
|  |  |

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When adults think of bullying...



NOT POPULAR ISOLATED SOCIALLY

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Today's bully is different



IS OFTEN POPULAR & SUPPORTED BY OTHER KIDS

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Today's Social Situation

Popularity = Bullying = Status

RAISE AWARENESS

Break the link!

Target Eggers and Floaters.

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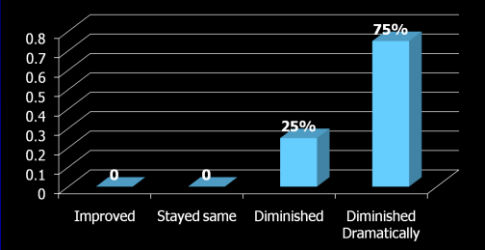
Where does bullying happen?
 Because kids support it, there are more "hot spots"

- bus
- lunch
- playground
- hallways
- computers



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We asked teachers:
Have kids' social "coping" skills changed over the last decade?



| Change Category | Percentage |
|-------------------------|------------|
| Improved | 0% |
| Stayed same | 0% |
| Diminished | 25% |
| Diminished Dramatically | 75% |

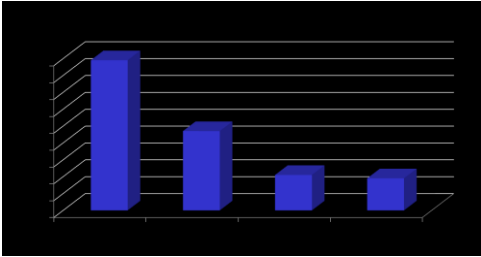
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Why have social skills declined?

- Reduction in **free play time**
 - No electronics, no adult supervision
- Increase in emphasis on **ONLY** academics

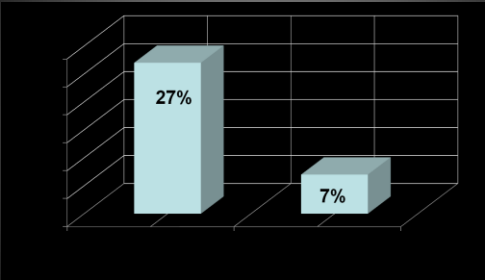
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Alliance for Childhood Study: What are kindergarteners doing today?



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How Common are bullying behaviors?
 2009 data



| Category | Percentage |
|------------|------------|
| Category 1 | 27% |
| Category 2 | 7% |

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INVOLVEMENT

Kids who do *no other* type of bullying engage in Cyberbullying.

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Cyberbullying

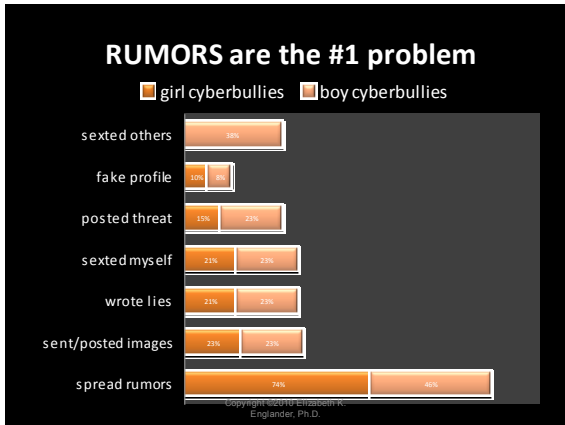
- What is it?
- How is it done?
- How is it different from bullying?

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It follows you home..

- Mass media
- (snide TV shows)
- Internet
- Cell phones

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The biggest problem:
SOCIAL NETWORKING

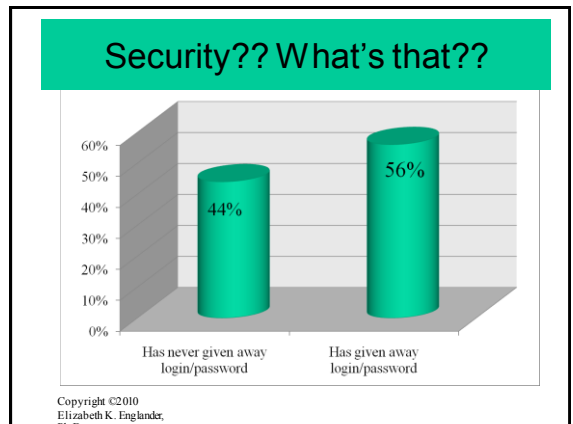
- Formspring
- Facebook.com
- Bebo.com
- Friendster.com

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How??

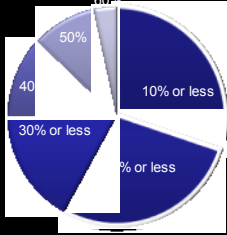
- IM
- Chat
- Postings
- Photos
- Polls

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MARC research: is it a phone or a computer?

What percentage of the time do you use your cell phone for VOICE conversations?



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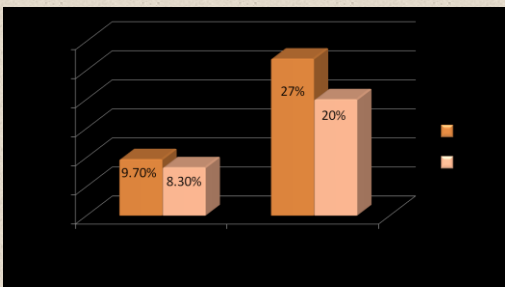
Do you know what your child's phone can do?

- Sexting
- Uploading videos & pics
- Messaging
- Web access
- Facebook



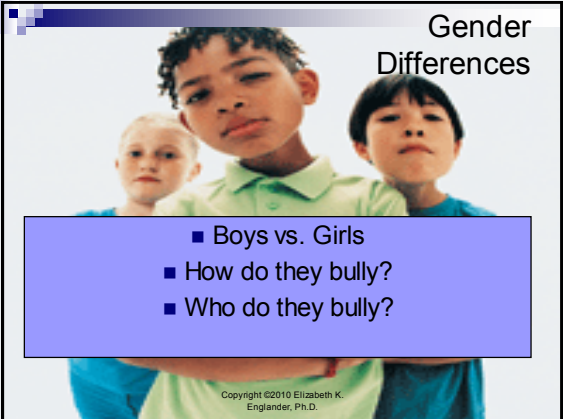
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Sometimes kids are pressured into sexting– 2010 data from MARC



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Gender Differences



- Boys vs. Girls
- How do they bully?
- Who do they bully?

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Boys

Targets are acquaintances/ex-friends
Motive = joke/being cool

Girls

Targets are former friends or friends
Motive is joke or anger

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MARC Research: Immediate Motives for Cyberbullying

girl cyberbullies boy cyberbullies

Peer Pressure



Angry



Joke/Cool



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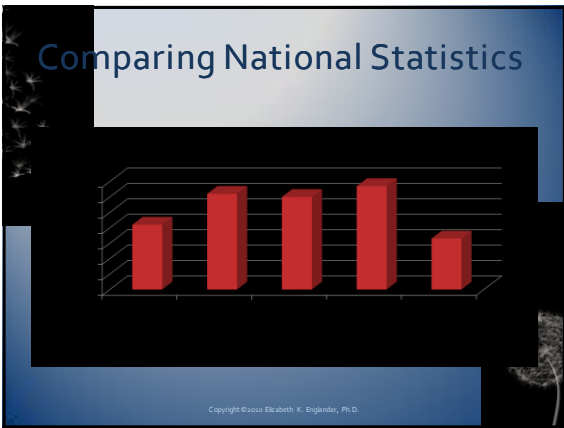
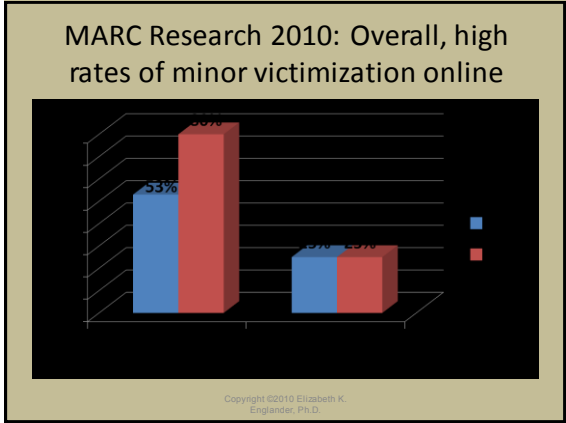
What kids do to each other when they cyberbully.....

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- ## They might be.....
- Sending links with viruses, key loggers, and worms
 - Pretending to be a friend / romantically interested and publicizing response
 - Recruiting others to debase / humiliate target with them
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How often do kids do this?

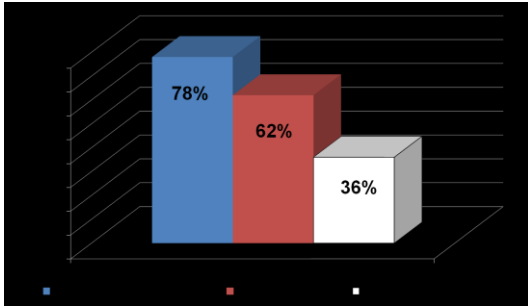
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Why do kids do this?

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Kids may prefer to bully online because.....



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KIDS BELIEVE THEIR PROFILE IS "PRIVATE."



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KIDS BELIEVE THEIR PROFILE IS "PRIVATE."

Any webpage that hundreds Of people have access to, And can COPY, is NEVER "PRIVATE"!!!

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Why are bullying & cyberbullying dangerous behaviors to ignore?



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Victims & Bystanders Suffer

- Academic problems (absenteeism, lack of concentration)
- Mental health problems (depression, violence)



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What about the child who bullies?

- He may look confident and in charge, but his cognitive style and behavior put him at real risk



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Feeling anxious about now?



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Don't.

This is a manageable issue and you do not need to be a computer whiz.

1. What do you need to pay attention to?
2. What do you need to discuss with your kids?

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Indications that your child could be bullying or cyberbullying

- Consider behavior with siblings
- Are you hearing about problems from other sources?
- What is your child doing online?

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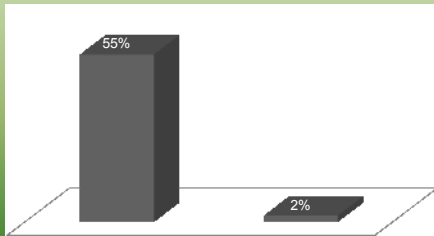
the big question

Should I monitor my child online?



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MARC Research:
Did your parents let you use the internet with NO restrictions/supervision?



Kids say YES

Parents say YES

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is it snooping or good parenting?

Why it's a good idea to monitor your child online – IT'S GOOD PRACTICE

- If they know Mom/Dad are watching, they learn to **STOP** and **THINK** before they post or send anything
- It teaches that the Internet is NOT private



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Don't look at my FaceBook page! I need and deserve my privacy!

Don't you get it? There is NO PRIVACY on a social networking site! If you can't let me see it, it should NOT be online.

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What should parents expect from schools?

- Can bullying be completely eradicated?
- What is “*confidentiality*”?

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What about the law???

We ARE NOT lawyers.

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The law DOES..

- Require schools **to have a published plan** about how they will respond to bullying reports
- Require schools to **notify you** if they think your child is involved in a bullying incident (& the police if necessary)

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The law DOES NOT...

- Make bullying a crime
- Require schools to tell you EVERYTHING (they CANNOT tell you anything about another parent's child)

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How should I react if my child reports that they're being bullied?

- **Get details**
- Administration (bring details & realistic suggestions)
- You can't insist on a punishment, but you can insist on victim comfort measures

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How can I tell if my child is being bullied, if they *don't* tell me?

- ❑ Change in behavior
 - Esp. focused during school hours
- ❑ Change in social behavior
- ❑ General unhappiness, depression
- ❑ Problems eating/sleeping
 - *These are *nonspecific* signs

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Responding to Webpage Bullying

1. Consider carefully before banning the computer
2. Look up and review the hosting site's policy ("Terms of Service")
3. Click on CONTACT US or on REPORT ABUSE. Tell the host about the problem. Remind them about their Terms of Service.



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Abandon this argument...



© BLURBN.COM FITZ & PIRILLO SAVE 10% AT GODDADDY BY USING THE COUPON CODE "BLAUGH"

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Enforce Cell Phone Rules

For children under 15, consider banning messaging




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WHAT LESSONS DO THE KIDS NEED TO KNOW?

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Lesson #1

- ★ What you put on a social networking site is NOT PRIVATE.
- ★ Less is more! **Think** before you send or post



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Lesson #2



Cell phones are fine but not appropriate everywhere.

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Lesson #3



All information isn't alike! You yourself who wrote the website, and why? Be suspicious and critical.

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Lesson #4



When you're mad, DON'T GO TO THE COMPUTER or your phone. Cool off first. Don't do something that will get YOU in trouble.

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Lesson #5



Your private information is VALUABLE. Guard it!

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Most Important: Talk, talk, talk....

- Start when they're young (and willing to talk!)
- Start by keeping the conversation abstract
- If they're familiar with it, bullying/cyberbullying won't broadside them

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Free materials at MARCCenter.org



Massachusetts Aggression Reduction Center Administration Guide for Educators

Massachusetts Aggression Reduction Center Training Handbook

Cyberbullying
A guide for parents
What is cyberbullying?
How can my child avoid it?
How do we respond?

No child left online
A guide for parents
Age-appropriate limits on children's use of electronic communications and games

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