Keep Calm and Stop Cyberbullying

TRIUMPH OVER TRAGEDY

2016 Ohio AAP Annual Meeting
SEPT. 23-24, 2016
#OhioAAPAM #Triumph4Kids

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®
Ohio Chapter

Sarah Adams, MD, FAAP
Akron Children’s Hospital
Disclosure

With respect to the following presentation, there has been no relevant (direct or indirect) financial relationship between the presenter (and/or spouse) and any for-profit company in the past 24 months which could be considered a conflict of interest.
Cyberbullying is a growing concern due to children engaging in electronic activity and communication. Cyberbullying can be done with anonymity or without direct confrontation and reach a large population in a short amount of time at any time of day. Therefore we must become Ambassadors for the awareness, prevention and treatment of Cyberbullying.
Cyberbullying Objectives

• Define Cyberbullying and how it compares to in-person bullying
• What are the warning signs of a child who is being bullied online or by text message?
• How can parents help prevent it? How can parents monitor their children online?
• If Cyberbullying is being done how should it be documented and reported? What if any are the legal implications?
• Consequences and treatment of victims of Cyber bullying
What is Cyberbullying?

• Cyber bullying is bullying that takes place using electronic technology
• Electronic Technology includes computers, tablets, cell phones
• Communication tools include social media sites, text messages, chat, and websites.
Frequency of Cyberbullying

• The 2013-2014 School Crime Supplement (National Center for Education Statistics and Bureau of Justice Statistics) indicates that 7% of students in grades 6–12 experienced cyberbullying.

• The 2013 Youth Risk Behavior Surveillance Survey finds that 15% of high school students (grades 9-12) were electronically bullied in the past year.

• Research on cyberbullying is growing. However, because kids’ technology use changes rapidly, it is difficult to design surveys that accurately capture trends.
Examples of Cyberbullying

- Mean text message or email
- Rumors sent by email or on social media
- Posting embarrassing pictures or video
- Websites and fake profiles
- Many times the victim of face-to-face bullying is the very same as those who are bullied online (Smith, et al, 2008)
- Cyberbullies are more likely to be girls as they tend to use words more than actions.
How Cyberbullying is different:

- 24/7
- Any time, any where
- Reach a child even when alone
- Anonymous
- Distributed quickly
- Sent to a large audience
- Very difficult to trace where it came from
- Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent
- Hard to get away from the behavior
Cyberbullying Warning Signs:

• Signs a child may be a target of Cyberbullying
• Signs a child may be Cyberbullying others
A Child May Be a Target of Cyberbullying If He or She:

- unexpectedly stops using their phone, tablet or computer
- appears nervous or jumpy when using technology - acts nervous when there is a new message, acts upset after using the internet or receiving a text message
- appears uneasy about going to school or outside in general
- appears to be angry, depressed, or frustrated after going online (including gaming)
- has drastic changes in mood, sleep and appetite
- is oversleeping or not sleeping enough
- becomes abnormally withdrawn from usual friends and family members
- show increase or decrease in eating
- seems regularly depressed, conducts self-destructive behavior
- making passing statements about suicide or the meaninglessness of life
- loses interest in the things that mattered most to them
- avoids discussions about what they are doing online
- frequently calls or texts from school requesting to go home ill
- decline in grade point average
- desires to spend much more time with parents rather than peers
- becomes unusually secretive, especially when it comes to online activities or digital life
I CAN RUIN UR
NO 1 LIKES YOU
LOSER!
>:(
A Child May Be Cyberbullying Other If He or She:

- quickly switches screens or hides their device when you are close by
- uses their device at all hours of the night
- gets unusually upset if they can’t use their devices
- laughs excessively while using their devices and won’t show you what is so funny
- encourages others to do the bullying
- is very aggressive toward everyone
- is being regularly sent to the principals office, receives detention often
- starts to acquire new belongings or unexplained money
- does not take responsibility for anything, including their actions
- avoids discussions about what they are doing online
- seems to be using multiple online accounts or an account that is not their own
- is dealing with increased behavioral issues or disciplinary actions at school or elsewhere
- appears overly concerned with popularity or continued presence in a particular social circle or status
- is very competitive and worried about his or her popularity
- demonstrates increasing insensitivity or callousness toward other teens
- starts to hang out the the wrong crowd
- demonstrates violent tendencies
- appears overly conceited as to their technological skills and abilities
- is increasingly withdrawn or isolated from the family
How Do We Prevent Cyberbullying?
How Can Parents Prevent Cyberbullying:

• Talk to your kids about Cyberbullying
• Be aware of what your kids are doing online
• Know the sites your kids visit and their online activities. Ask where they’re going, what they’re doing, and who they’re doing it with.
• Tell your kids that as a responsible parent you may review their online communications if you think there is reason for concern. Installing parental control filtering software or monitoring programs are one option for monitoring your child’s online behavior, but do not rely solely on these tools.
• Have a sense of what they do online and in texts. Learn about the sites they like. Try out the devices they use.
• Ask for their passwords, but tell them you’ll only use them in case of emergency.
• Ask to “friend” or “follow” your kids on social media sites or ask another trusted adult to do so.
• Encourage your kids to tell you immediately if they, or someone they know, is being cyberbullied. Explain that you will not take away their computers or cell phones if they confide in you about a problem they are having.
Establish Rules about Technology:

• Establish rules about appropriate use of computers, cell phones, and other technology. For example, be clear about what sites they can visit and what they are permitted to do when they’re online. Show them how to be safe online.

• Help them be smart about what they post or say. Tell them not to share anything that could hurt or embarrass themselves or others. Once something is posted, it is out of their control whether someone else will forward it.

• Encourage kids to think about who they want to see the information and pictures they post online. Should complete strangers see it? Real friends only? Friends of friends? Think about how people who aren’t friends could use it.

• Tell kids to keep their passwords safe and not share them with friends. Sharing passwords can compromise their control over their online identities and activities.

• Know the Schools rules
Report Cyberbullying:

• Don’t respond to and don’t forward cyberbullying messages.

• Keep evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers.

• Be sure to let the young person know that keeping evidence of the bullying is important, and they can pass this information on to parents, teachers, carers or even police if necessary.

• Block the person who is cyberbullying - block the bully on social media sites, email and cell phone
Report Cyberbullying:

• Cyberbullying often violates the terms of service established by social media sites and internet service providers.

• Review their terms and conditions or rights and responsibilities sections. These describe content that is or is not appropriate.

• Visit social media safety centers to learn how to block users and change settings to control who can contact you.

• Report cyberbullying to the social media site so they can take action against users abusing the terms of service.
Report Cyberbullying:

• When cyberbullying involves these activities it is considered a crime and should be reported to law enforcement:
  • Threats of violence
  • Child pornography or sending sexually explicit messages or photos
  • Taking a photo or video of someone in a place where he or she would expect privacy
  • Stalking and hate crimes
• Some states consider other forms of cyberbullying criminal. Consult your state’s laws and law enforcement for additional guidance.
Report Cyberbullying:

• Report Cyberbullying to Schools - talk to teacher, principal or guidance counselor

• Cyberbullying can create a disruptive environment at school and is often related to in-person bullying. The school can use the information to help inform prevention and response strategies.

• In many states, schools are required to address cyberbullying in their anti-bullying policy. Some state laws also cover off-campus behavior that creates a hostile school environment.

“‘Electronic act’” means an act committed through the use of a cellular telephone, computer, pager, personal communication device, or other electronic communication device.”

“A requirement that the custodial parent or guardian of any student involved in a prohibited incident be notified...”

Text of bill:
http://www.legislature.state.oh.us/BillText129/129_HB_116_EN_N.pdf

Summary/analysis:
http://www.lsc.state.oh.us/analyses129/12-hb116-129.pdf

H.B. 276;
http://www.legislature.state.oh.us/bills.cfm?ID=126_HB_0276
Consequences of Cyberbullying:

- Suspension from School
- Removed from Sports teams or school organizations
- Legal consequences - criminal charges, civil lawsuits
- Acts of harassment, intentional infliction of emotional pain, negligence and vicarious liabilities
- Hate crimes, impersonation and multiple violations under the Computer Fraud and Abuse Act.
- Intentional or Unintentional
- Educate the bullies and show them the consequences
- No national lawsuits; States have cyberbullying laws in effect - laws vary state to state and the ramifications vary state to state
How Can We Help?

CYBER BULLYING AFFECTS REAL LIVES!
Cyberbullying Intervention:

- Reduction of mobile or Internet access (McGuckin, et al., 2014).
- A program that was developed by Jacobs, et al., (2014) involves utilizing web-based tailored services for the bullied adolescent.
- Support the victim - emotional support, reassure that they did the right thing to tell someone, recognize their feelings, referral to psychiatric services.
- It is essential to advise the young person being bullied not to retaliate in any way or reply angrily to any of the messages or emails.
- Set privacy levels and security to prevent continued or future bullying.
- Help: There are different groups that can help a child get through the situation and offer emotional support. These groups can also help find a solution and end the cyberbullying all together.
• iKeepSafe.org

• Beyond Differences - founded by the parents of Lili Smith (born with Cranial facial anomaly)

• 10 Deep Breaths - Teens communicating effectively when angry - online and in school

• Be Kind Online

• Start a Beyond Difference Club

• Be the One

• No One Eats Alone

• Teacher Starter Kits, Downloadable Materials, Assembly Programs

• National Know Your Classmates Day October 21, 2016 (#KnowYourClassmates; knowyourclassmates.org)
Support for the Victim:

• Get Help
• Learn to deal with stress
• Spend time doing things you enjoy
• Unplug from technology
• Find friends who share your same interests
• Share your feeling about bullying
• Boost your confidence