

CYBERBULLYING 101

Words Hurt, Actions Heal

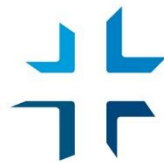
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ANTI×BULLYING
INSTITUTE



RIVERSIDE MEDICAL CLINIC
CHARITABLE FOUNDATION

support groups | bullying prevention | lectures | scholarships



History

- ▶ **1984** Riverside Medical Clinic Foundation
 - ▶ Providing health education
- ▶ **2013** Riverside Medical Clinic Charitable Foundation (RMCCF), a 501(c)(3)
 - ▶ Dedicated to improve health and quality of life for residents
- ▶ **2014** The Anti-Bullying Institute
 - ▶ Hands-on anti-bullying programs designed to empower children, parents, schools and youth organization personnel to effectively deal with the issue of bullying.

Mission

Riverside Medical Clinic Charitable Foundation is dedicated to improving health and the quality of life in Inland Southern California through advocacy, individual and professional education, and service.



What Does RMCCF Offer?

- ▶ **Monthly support groups** for chronic diseases and other conditions, including Alzheimer's, endometriosis, prostate cancer, brain injury and strokes.



- ▶ **Health-based events and lectures** with community partners, along with innovative programs focused on health-related subjects, such as diabetes and pediatric obesity.



- ▶ **Scholarships** to individuals who have chosen health care, families needing help caring for a loved one, and children or adults with special needs or special circumstances.



What is Cyberbullying?

Cyberbullying is willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.



Elements of Cyberbullying

- ▶ **Willful:** The behavior is deliberate, not accidental, and done or said to cause harm.
- ▶ **Repeated:** Bullying reflects a pattern of behavior, not just one isolated incident.
- ▶ **Harm:** The target can't stop the harm that is happening to them.



CYBER BULLYING

- ▶ Sending mean messages or threats to a person's email account or cell phone
- ▶ Spreading rumors online or through texts
- ▶ Posting hurtful or threatening messages on social networking sites or web pages
- ▶ Stealing a person's account information to break into their account and send damaging messages
- ▶ Pretending to be someone else online to hurt another person
- ▶ Sexting, or circulating sexually suggestive pictures or messages about a person
- ▶ Taking unflattering pictures of a person and spreading them through cell phones or the Internet



Why is Cyberbullying Different?

- ▶ Cyberbullying can happen 24 hours a day, 7 days a week, and reach a child at any time.
- ▶ Messages and images can be posted anonymously and distributed quickly to a wide audience. The source can be difficult and sometimes impossible to trace.
- ▶ Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.



Where Does Cyberbullying Happen?



- ▶ **Social Media Platforms:** Facebook, Twitter, Instagram, Snapchat, Musicly, etc.
- ▶ **Video Sharing Sites:** YouTube, Weby, Vimeo, Lifewire, Metacafe, Veoh, Crackle, etc.
- ▶ **Gaming Devices:** Xbox, PlayStation, Nintendo, etc,
- ▶ **Interactive Apps:** Yik Yak, Secret, Whisper, Sarahah, ec



Negative Effects of Cyberbullying

Children/Teens Are Left Feeling

- ▶ sad
- ▶ depressed
- ▶ angry
- ▶ frustrated
- ▶ helpless
- ▶ loss of confidence
- ▶ low self esteem
- ▶ hurt physically and mentally



Stats & Facts of Cyberbullying

- ▶ Among high school students, **15.5%** are cyberbullied and **20.2%** are bullied on school property.
- ▶ Among middle school students, **24%** are cyberbullied and **45%** are bullied on school property.
- ▶ The percentages of individuals who have experienced cyberbullying at some point in their lifetimes have nearly **DOUBLED (18% to 34%)** from 2007-2016.
- ▶ **90%** of teens who report being cyberbullied have also been bullied offline.



RESEARCH



- ▶ Cyberbullying is related to low self-esteem, suicidal ideation, anger, frustration, and a variety of other emotional and psychological problems (Brighi et al., 2012; Hinduja & Patchin, 2010; Kowalski & Limber, 2013; Patchin & Hinduja, 2010; Wang, Nansel, & Iannotti, 2011)
- ▶ Cyberbullying is related to other issues in the ‘real world’ including school problems, anti-social behavior, substance use, and delinquency (Hinduja & Patchin, 2007; Hinduja & Patchin, 2008; Kowalski & Limber, 2013)
- ▶ Traditional bullying and cyberbullying are closely related: those who are bullied at school are bullied online and those who bully at school bully online (Hinduja & Patchin, 2009; Kowalski & Limber, 2013; Ybarra, Diener-West, & Leaf, 2007).



Why is Cyberbullying so Hard to Combat?

- ▶ Children often know more about electronic devices and apps than parents
- ▶ Threats are not taken seriously
- ▶ It is hard for children to discuss with their parents
- ▶ Children are getting used to seeing negativity
- ▶ Comments online are not seen as serious forms of aggression
- ▶ Comments are easily disregarded
- ▶ Online behavior is constant, often anonymous and disappears depending on the app that is used, so target feels that they can not prove anything
- ▶ Law enforcement intervention is challenging unless there is clear evidence of crime or significant threat to someone's physical safety



Signs Your Child is Being Cyberbullied

- ▶ Loss of interest in electronic devices and won't discuss why the change in interest
- ▶ Gets tense and/or stressed out when receiving e-mail, text or instant message (hears alerts from phone)
- ▶ Withdraws from family and friends
- ▶ Is reluctant to attend school and other social activities
- ▶ Becomes sad, angry and/or frustrated, and seems to worry a lot
- ▶ Grades decline or interest in school changes
- ▶ Obvious changes in their eating and/or sleeping habits



HAVE THE CYBERBULLYING CONVERSATION



Signs Your Child May Be Exhibiting Cyberbullying Behavior

- ▶ Has a history of bullying, or has been the target of bullying themselves
- ▶ Avoids conversations about computer and cell phone activities
- ▶ Uses multiple online accounts
- ▶ Switches screens or closes programs when you, or others are nearby
- ▶ Shows excessive use of the computer and/or cell phone
- ▶ Becomes overly upset if access to computers or cell phone is restricted or denied



HAVE THE CYBERBULLYING CONVERSATION



Let's Talk About It

Reasons why children don't want to talk about this with their parents...

- ▶ Embarrassed it's happening to them
- ▶ Afraid cyberbullying will continue or get worse
- ▶ Think it's their problem to solve
- ▶ Will lose access to technology if they tell

DOs and DON'Ts

- ▶ DO: Tell them they are not alone
- ▶ DO: Be patient
- ▶ DO: Find resources
- ▶ DO: Encourage them to speak up
- ▶ DO: Discourage password sharing
- ▶ DO: Check in regularly
- ▶ DO: Set boundaries online
- ▶ DON'T: Take matters entirely into your own hands
- ▶ DON'T: Express disbelief
- ▶ DON'T: Suggest your child stand up to the bully
- ▶ DON'T: Suggest they "Just Ignore It"

DON'T BE SCARED TO ASK FOR HELP!



Do You Know What Your Children Are Doing Online?

Address Cyberbullying

- ▶ Have a conversation about the use of technology and staying safe early and often (**take inventory of social networks they belong to**)
- ▶ Educate your child on appropriate online behavior (**Set the standard that social media will not be used to hurt or humiliate anyone**)
- ▶ Set Cyber safety rules (**discuss websites they are visiting, what is and isn't appropriate to share online**)
- ▶ Talk to them about the impact of their digital footprint and how it can affect their future (**jobs and colleges will be looking at social media activity**)





- ▶ AF - As F*ck
- ▶ DTF - Down to F*ck
- ▶ Thot - Sexually promiscuous girl
- ▶ DM - direct message
- ▶ AMA - Ask me anything
- ▶ Bae - Before anyone else
- ▶ FML - F*ck my life
- ▶ Facepalm - To call someone dumb or an idiot
- ▶ IRL - In real life
- ▶ NSFW - Not Safe For Work, but used for anything inappropriate
- ▶ Sip tea - gossip or dirt
- ▶ Salty - bitter or hurt feelings
- ▶ Thirsty - desperate or needy, specifically romantically
- ▶ Throw shade - to put someone down
- ▶ Roast - mocking or criticizing someone
- ▶ Basic - to call someone unoriginal, used to insult
- ▶ Sus - suspicious
- ▶ Ana - Anorexia, a “name” given to their eating disorder
- ▶ FOMO - fear of missing out
- ▶ FWB - Friends with Benefits
- ▶ Side chick - a sexually promiscuous girl, not in a relationship
- ▶ GTFO - Get the F*ck out
- ▶ Fruity - derogatory term for homosexual male
- ▶ F*ckboy - A male player
- ▶ 420 - marijuana
- ▶ Ratchet - to call someone lower class or “ghetto”, can be racially charged
- ▶ FMK - F*ck Marry Kill, used as a game to put people in the three categories
- ▶ Extra - over the top, can be used to insult someone who is “trying to hard”
- ▶ Turnt/Lit - to be excited or to party, can be used to talk about alcohol and getting drunk



TAKE ACTION



- ▶ Keep a written record of all bullying incidents as reported by your child.
 - ▶ Who, what, where, when, how and also record the witnesses if possible
 - ▶ Print evidence (texts, emails, Twitter messages, Snapchat screen shots, web postings, Facebook comments) along with the time stamp
 - ▶ Find an ally (primary teacher, former teacher, playground aide, etc.)
-
- ▶ If your child is bullied or harassed over text messages, call your mobile phone provider to report the number. You may be able to block it or change your phone number. Many carriers offer additional anti-bullying features for a fee.
 - ▶ It's also good to have hard copies in case your computer crashes or the computer files are accidentally deleted.



Actions Youth Can Take to Respond to Harassing or Humiliating Social Media Content

ONLINE



- ▶ Untag your username from the offending post or photo
- ▶ Unfriend the person - Unfriending removes the connection
- ▶ Change Privacy settings and/or delete account
- ▶ Block the person sending the unwanted messages - By blocking a person, they can no longer add you as a friend, send you messages or see your timeline, and you can no longer see theirs.

REPORT TO ONLINE SERVICE PROVIDERS

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

- ▶ Report cyberbullying to law enforcement. When cyberbullying involves these activities it is considered a crime:
 - ▶ 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
- ▶ Report cyberbullying to schools - Assembly Bill 9 Ch. 723, sometimes referred to as Seth's Law, strengthened existing policies in California schools by requiring that all schools have an anti-bullying policy and enacts a timeline that school officials must follow when investigating student claims of bullying. Assembly Bill 746 (Campos), approved in 2011 covers all types of bullying, including cyber-bullying.



Schools, Bullying and What to Expect

How Does the School Learn About Bullying?

- ▶ A student tells a teacher, counselor, playground supervisor, administrator
- ▶ A parent tells a site or district administrator
- ▶ A complaint or grievance is filed (oral or written)
- ▶ A staff member observes harassing behavior
- ▶ A report is received indirectly (e.g., members of the community or the media)
- ▶ Graffiti on campus

How Does the District Learn About Bullying?

- ▶ Each district has an anti-bullying policy. This policy applies to students on school grounds, while traveling to and from school or a school-sponsored activity, during the lunch period, whether on or off campus, and during a school-sponsored activity.
- ▶ Immediately report the behavior to the designated school official. (Who is that?)
- ▶ Explain to the complainant their right to file a formal grievance with the school/district
- ▶ Investigate, document, communicate, follow through



It's the Law

- ▶ **COPPA: Children's Online Privacy Protection Act (rvsd 1/1/13)**

Designed to help parents protect their kids online privacy, prohibits the collection of “personally identifiable” info (name, phone, email or address and SSN) for **children under the age of 13** without parental consent.



- ▶ **SB568 Bill Known as the “Eraser button” Bill (rvsd 1/1/15)**

Requires an “eraser button” so minors can remove information that they personally posted on websites, online services and mobile apps, gives kids and teens a chance to recover after they post sensitive or inappropriate personal information about themselves or other that they regret.

Prohibits websites, online services and mobile apps that are directed to minors from marketing certain dangerous goods or services.

Pen. Code §311.1, 311.2 and 311.3

It is illegal in California to produce, possess or distribute “obscene matter^[1]” of a child under the age of 18. Violation of this law applies to any obscene image of a child, whether it's a hard copy or an electronic image. When a text message depicts obscene images of a minor under the age of 18, the person who takes the photo, sends it as a text, or just simply possesses the text^[2] can be prosecuted under the child pornography statute. The law applies to minors as well as adults.

More Anti-bullying laws and policies nationwide can be found at

<https://www.stopbullying.gov/laws/index.html>



Helpful Software



<https://pumpic.com/>

- ▶ Monitor mobile phone usage
- ▶ Follow Online Activity
- ▶ Control Device remotely

<https://meetcircle.com/> (Disney circle)

- ▶ Every device managed if it's connected to your Wi-Fi
- ▶ Circle sees it and allows you to manage it (laptop, tablet, or smart TV)
- ▶ Circle has you covered without any software needed on any device

<https://screentimelabs.com/>

- ▶ Web and app reports everyday
- ▶ Daily summary showing you which websites and apps your child used, and for how long
- ▶ See which apps your child downloaded and approve before install or block



Online Apps 101 That Your Children Use to Communicate

Apps your children may have on their phone and what do they do...

Some of these apps are free and some at a cost....new apps are constantly being developed and advertised and shared with children.



ask.fm A global social networking site where users create profiles and can send each other questions, with the option of doing so anonymously.



Burnbook Inspired by the 2004 movie "Mean Girls," was created as a social media app where high school and college students could leave anonymous posts, without having to create accounts or user names.



Cyber Dust Allow users to send messages that disappear on both the sender and recipient's phones after a certain period of time.



Down This app, which used to be called "Bang with Friends," connects using Facebook. Down users pick Facebook friends to whom they think are "hot" and if the friend is attracted to them the app lets them know they are both "down to bang."



Facebook Free social networking website that allows registered users to create profiles, upload photos and videos, send messages and keep in touch with friends, family and colleagues.



Facefeed An app that allows you to share photos and short messages with people.



fess This app lets you post anonymously to your high school. Only students can make anonymous posts.



Hot or Not The purpose of the app "Hot or Not" is to rate pictures of other people. When you rate somebody as hot, and they rate you as hot, then you become connections. When you're connected, you get to chat with each other. Users also receive a hotness rating out of 10 based on the number of people who rate you as hot, vs. those who don't.



Instagram Online mobile photo-sharing, video-sharing and social networking service that enables its users to take pictures and videos, and share them on a variety of social networking platforms.



Kik An instant messaging application for mobile devices. Kik also allows users to share photos, sketches, mobile webpages, and other content. Kik Messenger requires users to register a username.



MeerKat and YouNow (18+) Allows individuals to live stream right from phones and record themselves.



Meet Me A free app to meet new people and chat!



Omegle Encourages people (kids) to talk to strangers. Kids are able to connect Omegle to their Facebook account to find chat partners with similar interests.



When an individual selects this feature, an Omegle Facebook App will receive their Facebook "likes" and match them with a stranger with similar likes.



Periscope Allows kids to live stream right from their phone. When you hit the record button, anyone that uses this app can watch the person live.



Secret Allows people to share messages anonymously within their circle of friends, friends of friends, and publicly.



Snapchat A photo messaging application where users can take photos, record videos, add text and drawings, and send them to a controlled list of recipients.

These sent photographs and videos are known as "Snaps". Users set a time limit for how long recipients can view their Snaps (as of April 2014, the range is from 1 to 10 seconds), after which they will be hidden from the recipient's device and deleted from Snapchat's servers.



StreetChat (Formerly called Gaggle) a free, live, anonymous, photo-messaging board for schools and colleges. Individuals can post whatever they want and anyone within a two mile radius can see it. Known for gossip and bullying behaviors.



Swipe Allow users to send messages that disappear on both the sender and recipient's phones after a certain period of time.



Tagged Mature (17 and up), Meet new friends, flirt and play dating games.



Tango Makes free voice and video calls. You can send free text messages and share photos, videos, and status updates. Swipe profile cards or join a trending conversation to make new friends.



Tumblr A microblogging platform and social networking website that allows users to post multimedia and other content to a short-form blog. Users can follow other users' blogs, as well as make their blogs private.



Twitter An online social networking service that enables users to send and read short 140-character messages called "tweets". Registered users can read and post tweets, but unregistered users can only read them.



uMentioned Where students can post gossip about their school (spread rumors too). Mature material, profanity and drug use references are mentioned.



VaporChat Allow users to send messages that disappear on both the sender and recipient's phones after a certain period of time.



Vine A short-form video sharing service. The service lets users record and edit five to six-second-long looping video clips and revine, or share others' posts with followers. Some Vines are revined automatically based on what is popular. The videos can then be published through Vine's social network and shared on other services such as Facebook and Twitter.



Viber is a free cross-platform instant messaging app used on smartphone. Send texts, pictures, voice messages, contacts, locations, links, stickers, emotions and more to your friends and family. Create groups and "like" each other's texts and follow Public Chats, forward and share information on social platform.



Voxer A walkie talkie app that allows users to share short messages that make the experience similar to chatting back and forth on a walkie-talkie. Images and texts can also be shared. Users can chat one on one or in groups. The app shares the users current location by default which can put kids at risk.



WhatsApp An instant messaging app for smartphones that operates under a subscription business model. The proprietary, cross-platform app uses the Internet to send text messages, images, video, user location and audio media messages.



Whisper Free app which allows users to send messages anonymously, and to receive replies. Users post messages which are displayed as text superimposed over an image, similar to greeting cards.



Yik Yak Anonymous social media app. It allows people anonymously to create and view "Yaks" within a 10 mile radius. It is intended for sharing primarily with those in close proximity to the user, potentially making it more intimate and relevant for people reading the posts. All users have the ability to contribute to the stream by writing, responding, and liking or disliking yaks.



YouTube A video-sharing website that allows users to upload, view, and share videos, and it makes use of Adobe Flash Video and HTML5 technology to display a wide variety of user-generated and corporate media video. Available content includes video clips, TV clips, music videos, and other video content.

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Helpful Resources & Websites

- ▶ <http://antibullyinginstitute.org/>
- ▶ <https://www.stopbullying.gov/cyberbullying/index.html>
- ▶ <http://www.pacer.org/bullying/resources/publications/>
- ▶ <https://www.pcmag.com/roundup/342731/the-best-parental-control-apps-for-your-phone>
- ▶ <https://www.tomsguide.com/us/best-parental-control-apps,review-2258.html>
- ▶ <https://ikeepSAFE.org/resources/>
- ▶ <https://beinternetawesome.withgoogle.com/>
- ▶ <https://www.connectsafely.org/>
- ▶ <https://www.common sense.org/education/digital-citizenship/cyberbullying-and-digital-drama>
- ▶ www.nobully.org
- ▶ <http://www.parents.com/kids/safety/internet/best-apps-prevent-cyberbullying/>
- ▶ <https://us.norton.com/guide/kids-internet-safety-tips>
- ▶ <http://now.symassets.com/content/dam/content/en-us/collaterals/ebook/norton-cyberbullying-guide.pdf>



**ANY
QUESTIONS?**



Need More Information?



AntiBullyingInstitute.org • 951.682.2753

The Anti-Bullying Institute is a program of the



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