MEET THE NEW SCHOOL BULLY – THE CYBERBULLY

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What is bullying?

- Any form of harassment which may include hitting, pushing, kicking, threatening as well as name-calling, humiliation, sarcasm and spreading rumors in person and/or through the Internet

- **What are the effects of bullying?**
  - Can have long-term emotional effects in children.
  - Can also impact a child’s ability to learn and his/her daily life functions.
  - All children can be targets however, those that have lower self-esteem typically become habitual victims.
Who is involved in bullying?

- **Bully** - one or more students who intentionally harm another student whether physically, emotionally, verbally, sexually and/or racially.

  *Has power or social support. May cause physical and/or emotional harm to the victim.*

("Is this bullying?", 2007)
Who is involved in bullying?

- **Victim** - the student who is being bullied.
  
  *Has less power and/or social support. The victim often blames him/herself and feels they deserve the bad treatment in some way.*

(Bennett, 2010)
Who is involved in bullying?

- **Bystander** - one or more students who observe/witness another student being bullied and may provide support to the bully.

* Bystanders may not intervene for fear of their own safety; afraid they may lose friends, may become the target of the bullying themselves; or may be labeled as a tattletale.
Why do people bully?

- Jealousy
- May be abused or bullied themselves outside of school
- Feel they may move up the social ladder by bullying others
- Want to appear tough and in-control to their peers
- Result of their own insecurities

(“Is this bullying?,” 2007)
Why do people bully?

- Feel bullying is an easier way to get a desired outcome
- Feel justified in hurting others and provide excuses for their behavior
- Unable to read social cues from their peers (may be socially awkward themselves)
- Suffer from impulsivity
Facts on Bullying

- Bullies can be girls or boys.
- Boys often use physical force, threats, and ridicule.
- Girls tend to be more subtle such as spreading rumors or excluding.
- Bullies at school are often victims at home. Experts say bullies experience more hostile and abusive treatment at home than their classmates.
Facts on Bullying

- 60% of identified bullies during middle school had at least one criminal conviction by the age of 24.
- 40% of bullies had three or more convictions by age 24.
- Bullies usually act with others and not alone. Bullies are often part of a group that use intimidating others as a way to establish group identity, dominance and status. Often bullies rely on bystanders for support of their behavior.
Cyberbullying

(“Cyberbullying,” 2010)
What is cyberbullying?

- Using technology, like cell phones and the Internet, to bully or harass another person
- The “repeated use of technology to harass, humiliate, or threaten” (Holladay, 2010)
- Online social cruelty

[Image of schoolyard bullying]
Cyberbullying

- Can Involve
  - Sending mean or threatening messages or images
  - Pretending to be someone else in order to make that person look bad
  - Posting private information about another person
  - Intentionally excluding someone from online group

(“Stop bullying now”)

Forms of Cyberbullying

Through the use of

- Email
- Text Messages
- Social Networking Websites
- Instant Message
- Web Pages
- Blogs
- Chat Rooms

(“Cyber-bullying,” 2010)
Facts about Cyberbullying

- From Cox Communications Survey of 13-18 year-old students
  - 15% have been cyberbullied online
  - 10% have been cyberbullied by cell phone
  - 7% have cyberbullied another person online
  - 5% have cyberbullied another person by cell phone

("Cyberbullying," 2010) ("Stop bullying now")
Facts about Cyberbullying

- From the Cyberbullying Research Center
  - 20-25% of students have been victims of cyberbullying
  - About 19% of students reported cyberbullying other students
  - Middle school girls are more likely to experience cyberbullying than middle school boys

(“Cyberbullying research center”, 2010)
Cyberbullying in North Carolina

"H.B.1261; Any person who violates this section shall be guilty of cyber-bullying, which offense shall be punishable as a Class 1 misdemeanor if the defendant is 18 years of age or older at the time the offense is committed. If the defendant is under the age of 18 at the time the offense is committed, the offense shall be punishable as a Class 2 misdemeanor;"

(Hinduja, & Patchin, 2010)
Cyberbullying in North Carolina

- Law protects students and school employees from harassments, threats, and harm via electronic communications

(Richmond)
Cyberbullying in CMS


- Rule 21 UNAUTHORIZED USE OF THE COMPUTER (Honesty): A student shall refrain from inappropriate use of school system computers or from utilizing the CMS Internet site without proper authority. This includes unauthorized use of sign-on codes, the school telephone system, communication of threats or implied threats, and unauthorized attempts to contact any CMS computer site from any computer station. This rule also encompasses any activity or distribution of information from home or school computers that would constitute a violation of a rule under the Code of Student Conduct or a violation of law, such as, but not limited to bullying or harassment. Publication on the internet is considered distribution regardless of the location of the computer where the offending content was published. (Minor violations of unauthorized use of the computer, including accessing home e-mail accounts from a school computer may be a Tier I or II infraction.)

(2010-2011 student rights)
Cyberbullying in CMS

- Included cyberbullying in Bully Prevention Policy in 2008
- CMS recognizes that digital harassment occurring off campus, can have damaging effects felt on campus
- Harassment from a home computer is a violation of CMS Policy (2010-2011 student rights)
Cyberbullying at our school

- Results from Digital Survey conducted on 5th grade students
  Providence Spring Elementary, August 2010

(Layman, 2008)
Bullying vs. Cyberbullying

- Electronic bullies believe they can remain anonymous
- It is quick and easy
- Many social networking websites lack supervision
- Many children and teenagers know more about computers than their parents

(“Cyber bullying versus,” 2007)
Bullying

Information and Tips for Parents and Students

http://www.rps.psu.edu/probing/graphics/bullies.jpg
How do you know if your child is being bullied?

- **Observe your child**
  - Children being bullied tend to avoid going to school or going to an activity where bullying occurs.
  - Grades may drop. Student may start complaining of physical ailments or have difficulty sleeping.
  - Self-esteem may go down or they make take out their frustration on others.

- **Talk and Listen**
  - Encourage your child to talk.
  - Ask about what goes on during the day or on their way to and from school.
What if my child is the victim of bullying?

- **Provide an emotional safe place**
  - Be sensitive to your child’s feelings.
  - Hold them if they cry.
  - Reassure them that they are not to blame and bullying is not accepted.
  - Help develop positive solutions.
  - Inform school personnel if bullying occurs at school.
What if my child is the victim of bullying?

- Discuss possible ways your child may respond
  
  Help your child develop appropriate ways to stand up to the bullying. (For example, ignoring, “Oh, that’s your opinion,” turn and walk away, looking the bully in the eye and saying a firm, “No,” and/or not showing the bully you are angry/upset)
What if my child is the victim of bullying?

- **Inform the school**
  - Keep a record of the times your child has reported being bullied including date and approximate times of instances.
  - If the bullying involves emails and/or texts, save the messages or make a copy.
What if my child is the victim of bullying?

**Surround your child with positive experiences**

- Your child’s self-esteem will be significantly weakened. This is a time when he/she will need a great deal of positive affirmations.

- Surround them with positive influences (i.e., help set up a positive network of friends, engage in outside activities that the student enjoys, etc.).

- Reassure the student of his/her safety. Let them know that measures are being taken to keep them safe and secure at school.
What to do if a witness to bullying:

- **Persuade** the victim to tell an adult or offer to tell an adult for them.
- **Let the bully know you disapprove** of their behavior. Inform the bully that you are on the victim’s side and you will stand up for the victim.
What *not* to do if a witness to bullying:

- **Don’t use violence** - two wrongs don’t make a right and you may be viewed as a bully yourself.
- **Don’t try and solve the problem yourself** – talk to a responsible adult and let them solve the problem.
Preventing Bullying

- Coordinate groups to create/enhance bullying prevention policies
- Incorporate bully prevention activities into instruction
- Increase adult supervision in areas where bullying is most likely to occur
- Intervene appropriately when witnessing bullying
- Devote class time to bully prevention

("Stop bullying now")
How to Keep Your Child Safe

- Report incidents of cyberbullying to schools
- Provide supervision of computer usage
- Teach your child about the effects of cyberbullying
- Talk to your child about how to respond if bullied
- Talk to your child about how to respond if a witness to bullying
- Have access to your child’s email account
- Have access to your child’s cell phone
Resources for Students

- Stop Bullying Now
- Pacer’s Center Kids Against Bullying
- Pacer’s Center Teens Against Bullying
- NetSmartz Workshop
- Let’s Stop Bullying
Resources for Educators

- How to Intervene to Stop Bullying
- Steps to Address Bullying at Your School
- Stop Bullying Now
- Bully Beware
- Preventing Classroom Bullying
Resources for Parents

- Bullying at School and Online
- Anti-Bullying Resources for Parents
- Cyberbullying Resources for Parents
- Bullying: Resources for Parents
References


References

- Bully Guide-Prevention and Intervention Tool by Michael L. Lujan, M.Ed. 2008 Mentoring Minds, L. P.
- Dealing with the Tough Issues... Bullies The Parent Institute 2010 Quick Tips
References