

Bullying & Cyberbullying: Information for Parents



Massachusetts Aggression Reduction Center Bridgewater State College Bridgewater, Massachusetts

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BULLYING VS CONFLICT

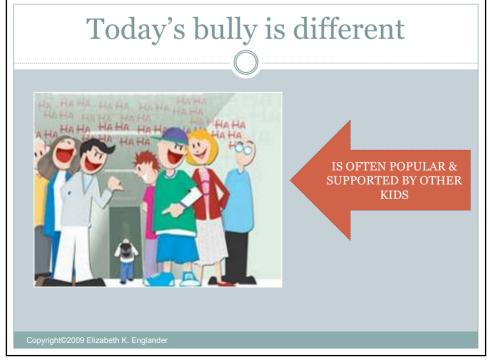
EQUAL POWER - CONFLICT



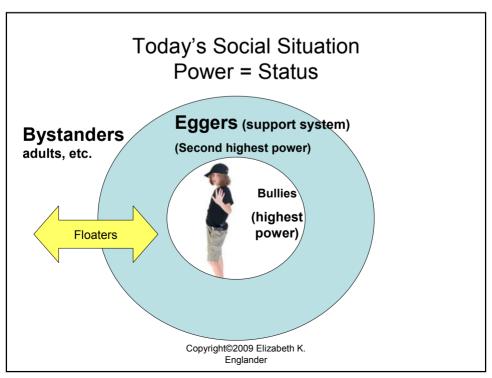
BULLYING – NOT EQUAL POWER











Today's Social Situation Power = Status

Problem:

Abusiveness is LINKED with Social Power

But kids are often UNAWARE that they're supporting the system by being Eggers or Floaters

Ultimate Goal: Raise awareness! Break the link. Target Eggers/Floaters.

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

- bus
- lunch
- playground
- hallways



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

Here's how they answered!

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Have kids' social "coping" skills changed over the last decade?

- A. They have improved
- B. They have remained about the same
- 25%
- c. They have diminished somewhat
- **75%**
- D. They have diminished dramatically

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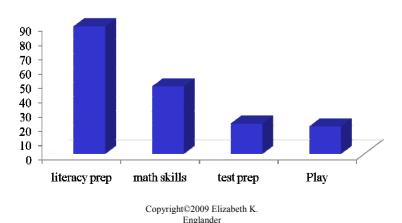
Why have social skills declined?

- · 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?

Kindergarten Minutes Spent On....





It follows you home..

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

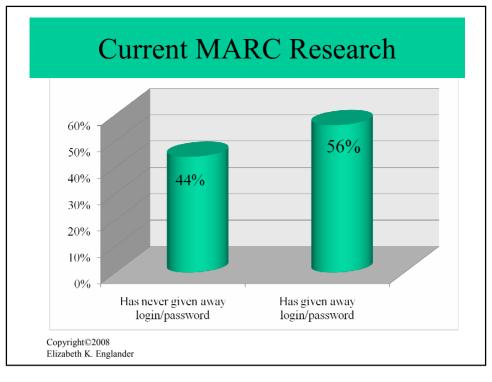
IM Bullying

- Broadcast humiliating or threatening messages instantly
- Bullying or abuse
- Cheating, accessing information in class

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Abusing each other on Social Networking Websites

- Kids posing as each other online
- Do kids steal each others' passwords?





The biggest problem: social networking sites

- MySpace.Com
- Facebook.com
- Bebo.com
- Friendster.com



The biggest problem: social networking sites

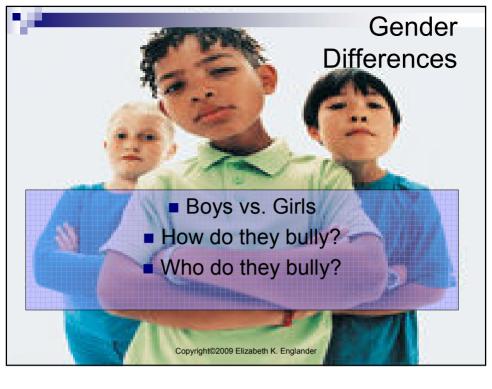
- Chat
- Postings
- Photos
- Polls

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

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





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

#1 Flaming (aimed at the target)

Posting comments about each other where the target will see it

Sending comments in chat & messages to the target

"You're a bi*%h, I hate you"

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#1 Flaming (aimed at the target)

#2 Entrapment

Getting other kids to debase, humiliate the target with you

(via cell phone)

(via webcam)

#1 Flaming (aimed at the target)

#2 Entrapment

#3 Key loggers, Viruses, Worms

Sending via emails, attachments

to messages, etc

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#1 Flaming (aimed at the target)

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#3 Key loggers, Viruses, Worms

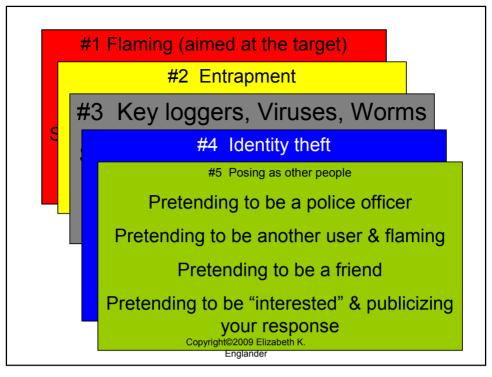
#4 Identity theft

Using someone's identity to set up a fake (not flattering) profile

Giving away propriety information (phone numbers, passwords) by using them, sending them or posting on websites

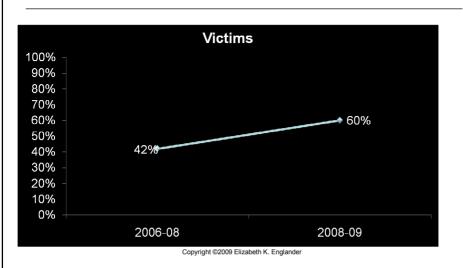
Putting someone's face on a picture, pornography, etc

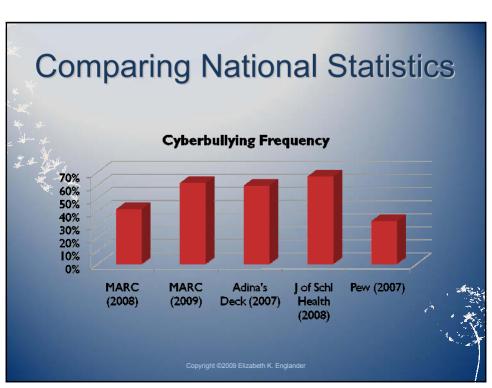
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How often do kids do this?

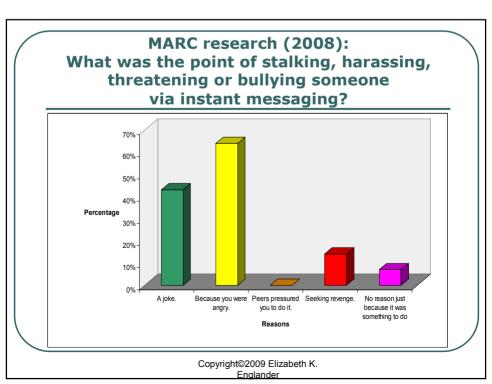
MARC research: Cyberbullying victimization in Massachusetts





Why do kids do this?

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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)



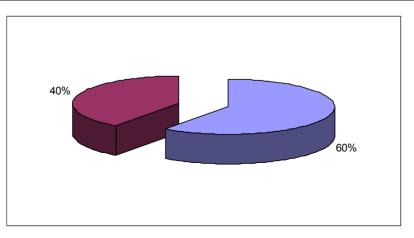
What about the child who bullies?

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



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60% of bullies end up in the Criminal Justice system



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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?



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?









is it snooping or good parenting?

Why it's a good idea to monitor your child online

- It teaches that the Internet is NOT private
- There are real dangers that kids cannot always gauge



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What should parents expect from schools?

- Can bullying be completely eradicated?
- What is "confidentiality"?



How should parents react to a child's report 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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Responding to Webpage Bullying

- Consider carefully before banning the computer
- 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

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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Enforce Cell Phone Rules

For children under 15, consider banning messaging



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Lesson #1

- Understand that even "private info can be seen by others
- Understand that what you put online is there forever
- Less is more! Think before you send or post

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Lesson #2

- Cell phones are fine but not appropriate everywhere.
- Ask the kids to give examples of places where a phone call's not appropriate (e.g., church)
- Don't focus on kids' obsession with their phones as a character flaw
- It's ok to talk about kids' anxiety over not being in touch



Lesson #3

- It's so great that it's so easy to getkinds of information online, but...
- All information isn't alike! Ask yourself who wrote the website, and why? Be suspicious and critical.
- And some information can actually be dangerous (e.g., "pro-ana" websites that encourage kids to develop eating disorders)

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Lesson #4

- You might mean a threat as a joke But threats are against the law, an if you threaten someone online, there's a written record.
- 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.

Lesson #5

 Don't use password-sharing as a way to show your friends how muc you trust them.



- Your private information is VALUABLE. Guard it!
- Stress that privacy is a good habit.

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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

Free materials at MARCcenter.org





2009-2010 MARC events Register at 508-531-1784 or at www.MARCcenter.org

- Oct 15th Cyberbullying Train the Trainer
- Nov 12th Reducing Bullying in Athletics
 - > Keynote Speaker: Bob Bigelow, former Boston Celtic and author of "Just Let Them Play"
- January (?) Cyberbullying Workshop in Worcester
- March 11th Cyberbullying in Girls
 - > Capstone Conference for Yearlong project: Cyber Girl-Talk (research & fieldwork)
- May 6th Bullying Train the Trainer
- Discounts for more than one seat!



www.MARCcenter.org marc@bridgew.edu

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