Connected Caregivers:
Keeping Kids Safe, Happy, and Healthy in a Digital Age

Session 3: Cyberbullying and Digital Drama

Presentation adapted from:
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We are a trusted guide for the families, educators, and advocates who help kids thrive. We provide resources to harness the power of media and technology, and to shape public policy to improve the well-being of every child.
What We’ll Cover

1. Define It: Cyberbullying & Digital Drama
2. Understand It: The Why & Scope of Cyberbullying
4. Prevent It: Stop the Cycle
5. Handle It: Strategies to Support & Help Your Child
Cy·ber·bul·ly·ing
ˈsī-bər-, bə-lē-ing , -ə-

Ongoing, targeted harassment via digital communication tools that's meant to make the victim feel bad.
Digital Drama

SEXORTION
IMPERSONATING  THREATS  PRESSURE
SPYING  CYBERBULLYING  RUMORS
TROLLING  SMOTHERING  OUTING
FLAMING  EXCLUSION
not mentioning names, but if you text/tweet/call me every single day, stalk my twitter page, & cling to me everyday, think I like that? No.
Scope of Cyberbullying

Low Prevalence, High Impact

15% of students have been electronically bullied

18-31% of kids experience in-person bullying

U.S. Department of Health and Human Services, 2015
Fleeting to Far-Reaching Consequences of Cyberbullying
A Tale as Old as Time

Why Do People Cyberbully Each Other?

- To gain attention and social standing.
- To feel powerful.
- Because they're angry at a friend.
- Because they meant to tease but it got serious.
- Because they were bullied.
Being Mean Behind a Screen

The screen adds a shield for the bully and provides more viral reach.
Time to Watch

Typical Tween/Teen Development:

- Popularity and pecking order.
- Growing independence and distancing from family.
- Concern about appearance especially in the eyes of peers.
- Strong and swinging emotions.
- Building trusting relationships
- Trying on different identities.
- Lack of consideration for consequences.
Time to Ask

Changes in behavior, achievement, contact with friends:

- Anxious and on edge after being online.
- More alerts and notifications on your kid's device.
- More irritable and prone to emotional outbursts.
- Secretive in general and about time online, hiding the screen, glued to phone.
Time to Get Help

- Self-harm.
- Suicidal thoughts/ideation.
- Total withdrawal.

Crisis Text Line: Text 741741
Stop the Cycle of Cyberbullying

● Start early.
● Talk through scenarios.
● Stay involved.
● Set limits.
● Be a role model.
Worst-case scenarios exist, but they are not the norm!

Stay ...

- Engaged
- Empathetic
- Encouraging
Evidence & Involvement

- Block and report.
- Take screenshots.
- Save threads.
- Contact appropriate parties to find resolution.
Upstanding Above All
Resources for Support

**Common Sense Media**
Find reviews for:
Movies & TV, Apps & Games, Books...and MORE!

**Common Sense Media Parents’ Ultimate Guides**
Find guides for:
Social Media, Games, Smart Devices, Livestreaming, Settings, Parental Controls ...and MORE!

**RaisingDigitally Responsible Youth: A Parent’s Guide**
Find information on:
Digital Parenting Tips, Social Media & Gaming Apps, Social Media Lingo & Slang ... and MORE!
JOIN US!

Bonus Session!

This bonus session is a collaboration between the EVSD Teaching & Learning department and the East Valley Community Coalition.

Connected Caregivers: Preventing Risky Behaviors in Adolescents

March 3, 2021 5:30 P.M.