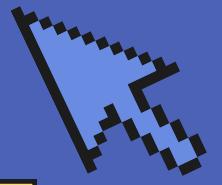




Cyberbullying



Recognize, Respond, and Protect Your Students

What is the Problem?



STUDENTS MAY BE **CYBERBULLIED** ON THEIR PHONES, COMPUTERS, AND OTHER DEVICES BY **RECEIVING HARASSING CHATS**, TEXTS, MESSAGES, COMMENTS, FORUM POSTS, AND PICTURES THAT CAUSE THEM **EMOTIONAL HARM** (EDUTOPIA, 2024)

ALARMING STATISTICS:

- 61% OF OVERWEIGHT TEENS HAVE REPORTED BEING BULLIED ONLINE
- FEMALES ARE 2 TIMES MORE LIKELY TO BE VICTIMS OF CYBER BULLING
- ONLY 10% OF CYBERBULLYING VICTIMS WILL REPORT TO AN ADULT (ELUNA, 2024)

Impact on Learning/Well-Being



DEPRESSION: CYBERBULLYING VICTIMS ARE 2 TO 9 TIMES MORE LIKELY TO CONTEMPLATE SUICIDE (ELUNA, 2024)

SELF-ESTEEM AND SOCIAL WITHDRAWAL: IT'S VERY EASY FOR A CHILD TO BE REPEATEDLY HARASSED WITHOUT ANY ADULTS KNOWING ABOUT IT. (ELUNA, 2024)

ACADEMIC PERFORMANCE: STUDENTS BEING CYBERBULLIED OFTEN SHOW DECLINING GRADES, ABSENTEEISM, AND DISENGAGEMENT FROM SCHOOL.

Recognizing the Problem



ONLINE ACTIVITY: LOOK FOR SIGNS OF HARASSMENT SUCH AS THREATENING OR EXPLICIT MESSAGES IN REPETITIVE CONTACT THROUGH E-MAILS. (EDUTOPIA, N.D.)

BULLYING TACTICS: (1) ON SOCIAL NETWORKS HARASSMENT IS EXTREMELY COMMON, (2) FLAMING OCCURS IN PUBLIC ONLINE, (3) EXCLUSION IS DELIBERATELY CUTTING A VICTIM OUT OF AN ONLINE GROUP (ELUNA, 2024)

Strategies to Overcome



TEACH DIGITAL CITIZENSHIP: **DISCUSS** WITH CHILDREN AND TEENS EXACTLY WHAT BULLYING IS AND WHY IT'S SO HARMFUL.

- CREATE EXPECTATIONS AROUND ONLINE CONDUCT.
- REMIND TEENS TO AVOID SENDING OR POSTING ANYTHING THEY WOULD NOT WANT SHARED WITH ALL OF THEIR CLASSMATES.
- ENCOURAGE TEENS TO STAND UP TO OTHERS WHO ARE BEING HARASSED. (ELUNA, 2024)

PROMOTE A **STRENGTHS-BASED** RATHER THAN RISKS-BASED APPROACH TO PREVENTING YOUTH PROBLEM BEHAVIORS.

- LEARN ACTIVITY-BASED METHODS TO **BUILD HOPE** IN STUDENTS.
- LEARN WHICH TRADITIONAL MEDIA AND ONLINE MEDIA RESOURCES ARE OPTIMAL TO **CULTIVATE HOPE** AMONG YOUTH.
- LEARN HOW ADULTS CAN INFLUENCE STUDENT LIFESTYLE CHOICES THAT **PROMOTE HOPEFUL MINDSETS**. (CYBER, 2024)

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