

# Cyberbullying

**Bullying  
Hurts...**

inside  
and  
out!



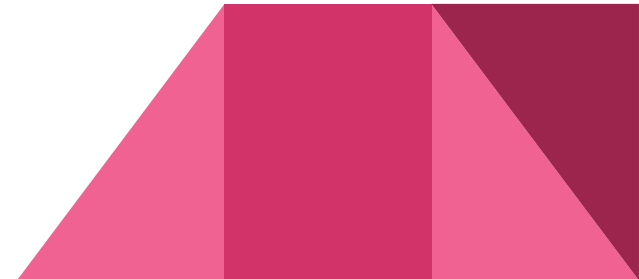
# You Will Learn

- ✓ The definition of cyberbullying
- ✓ Examples of cyberbullying
- ✓ Reasons people cyberbully
- ✓ Statistics on cyberbullying
- ✓ What to do if you are cyberbullied



# Cyberbullying

Let's talk about some scenarios that you may have seen or even been involved with that could be considered Cyberbullying.



# Cyberbullying Definition

Using any form of electronic media (Internet, Snapchat, Cell Phones, Etc) to send or post texts or images **intended** to hurt or embarrass another person.



# Rude, Mean or Cyberbullying?

## WHAT'S THE INTENTION?

- Rude Comment-A hurtful comment that was not intended to harm.
- Mean Comment-A hurtful comment that WAS intended to harm.
- **Cyberbullying-Repeated hurtful comments, posts etc that are intended to harm.**

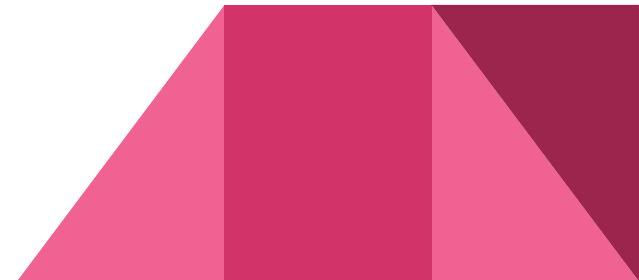
# Examples of Cyberbullying

- ✓ Posting insulting messages on the internet or by IM
- ✓ Sending offensive text messages
- ✓ Defamatory websites
- ✓ Fake profiles on a social networking site
- ✓ Cyberstalking



# Why Do Kids Cyberbully?

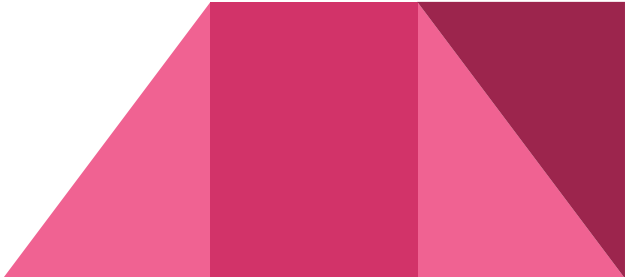
- Anonymous
- Detachment (Can't see the reaction)
- Less risk of being caught



# What Do Teens Think?

When teens were asked why people cyberbully, 81% said that cyber bullies probably think it's funny.

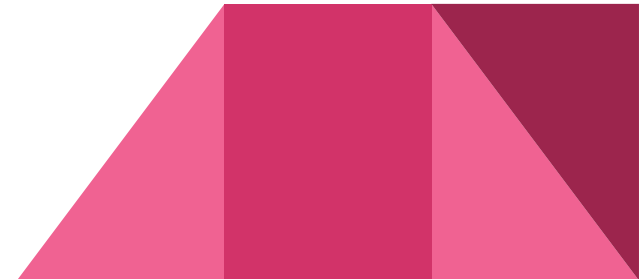
Other teens believe that youth who cyberbully

- Don't think it's a big deal
  - Don't think about the consequences
  - Are encouraged by friends
  - Think everybody cyberbullies
  - Think they won't get caught
- 



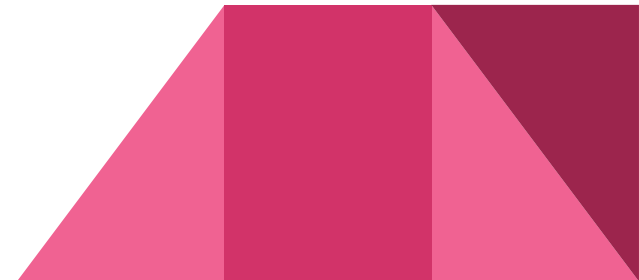
# Bullying Talent Show

Bullying Talent Show (Video)



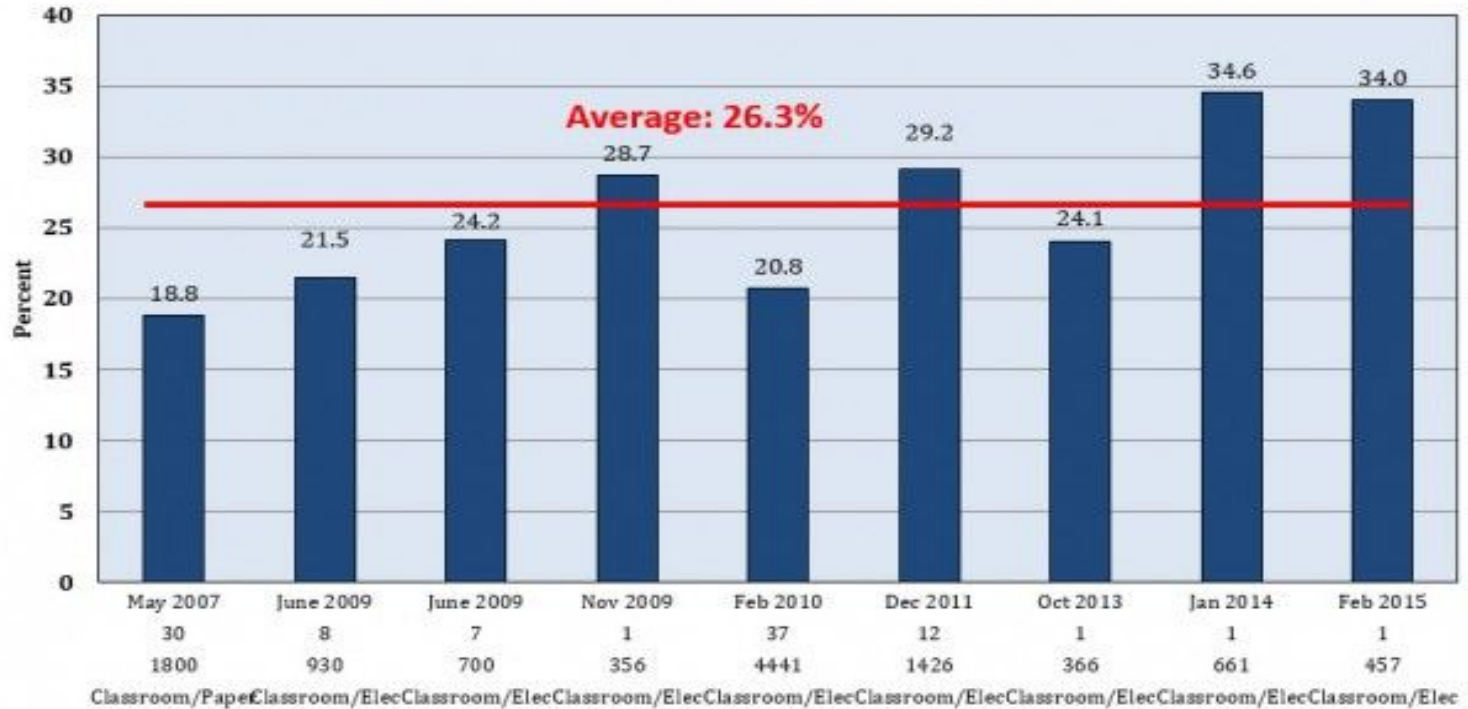
# Be Careful

**Everything you type into a screen gets recorded electronically.** You are leaving cyber footprints all over the place when you get on-line!



# Lifetime Cyberbullying Victimization Rates

Nine Different Studies 2007-2015



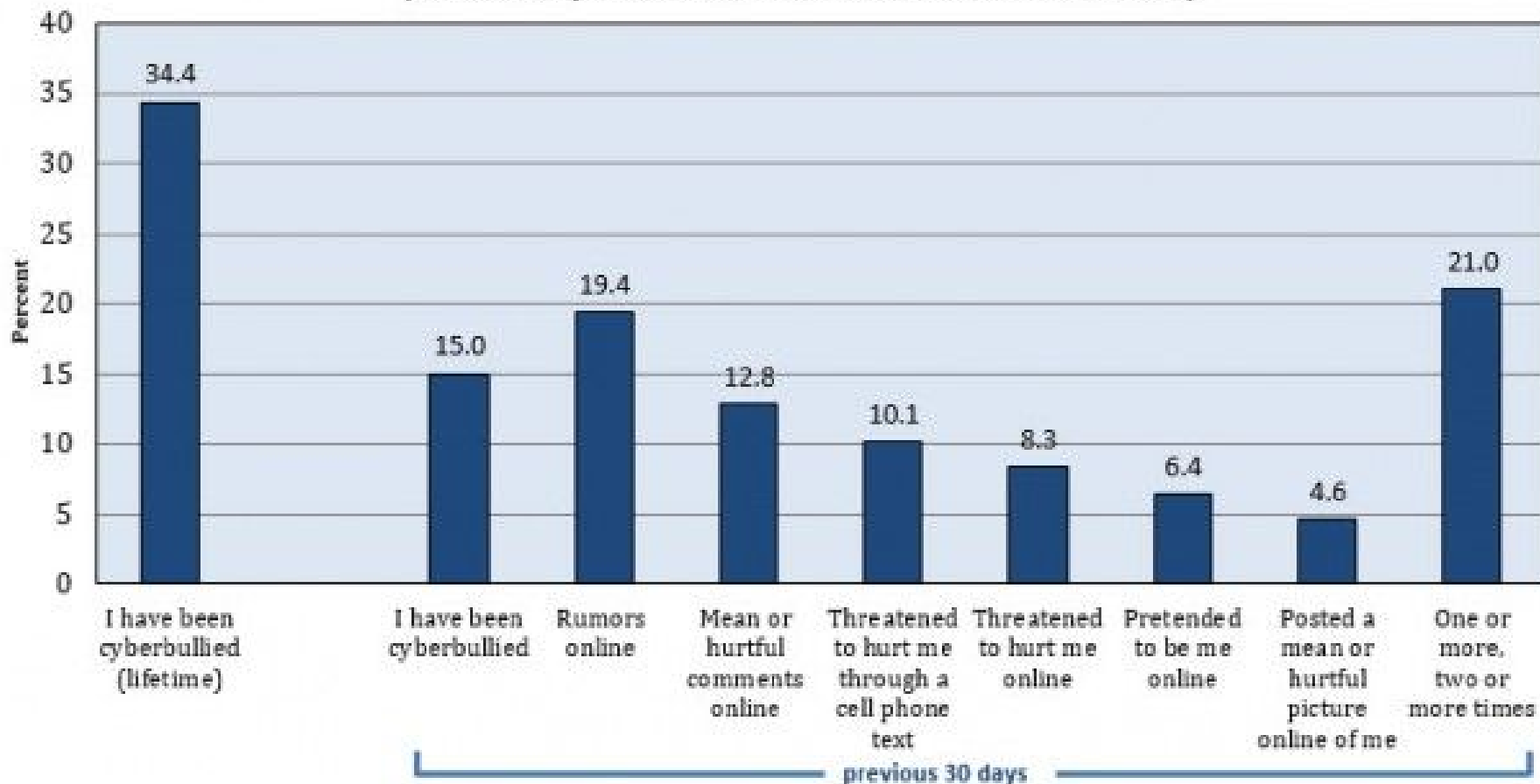
Justin W. Patchin and Sameer Hinduja  
Cyberbullying Research Center  
[www.cyberbullying.org](http://www.cyberbullying.org)

In 2015 34% of students report experience cyberbullying.

# Cyberbullying Victimization

N=457

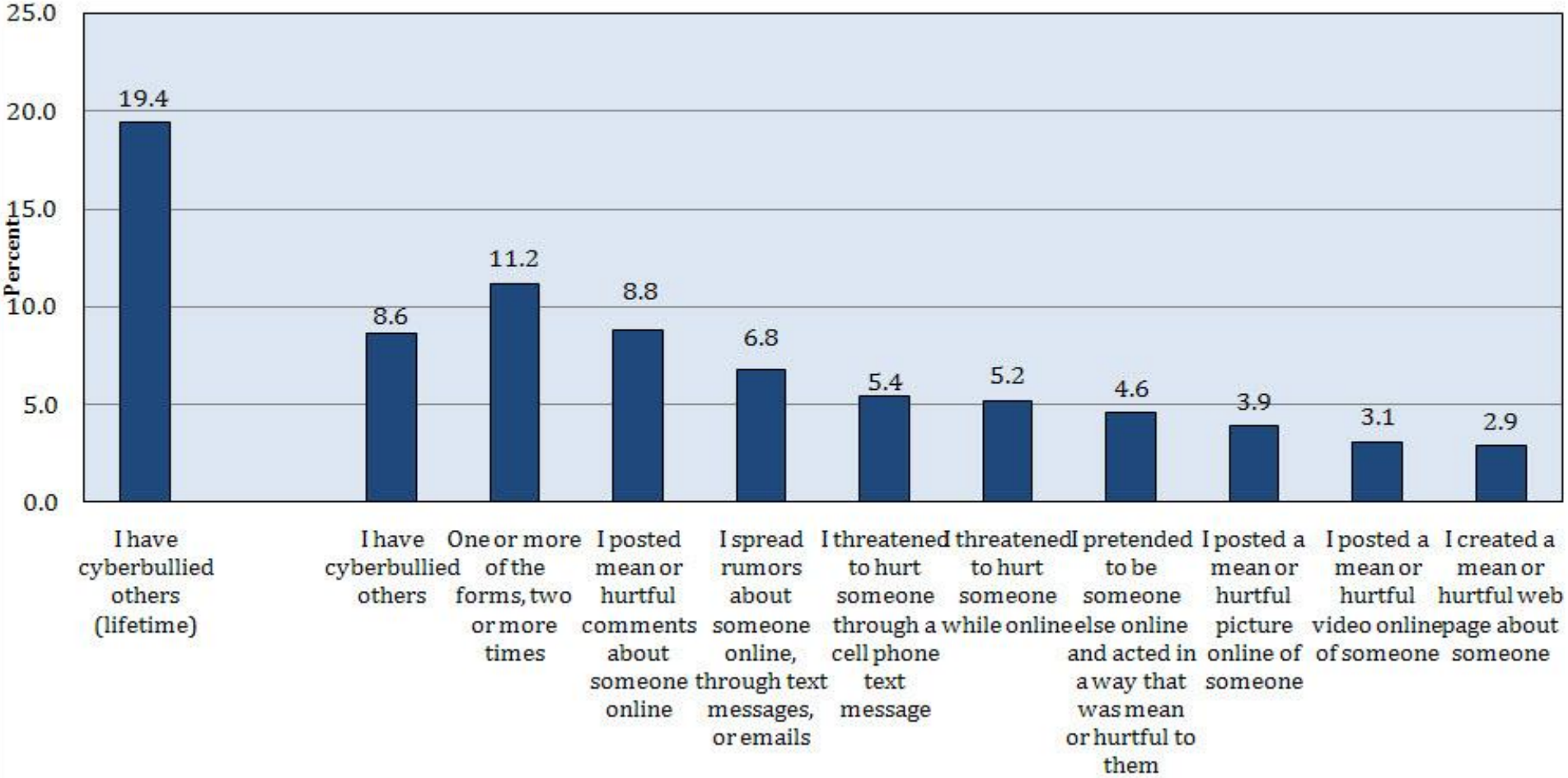
(Random sample from one school in Midwestern U.S. - Feb 2015)



# Cyberbullying Offending

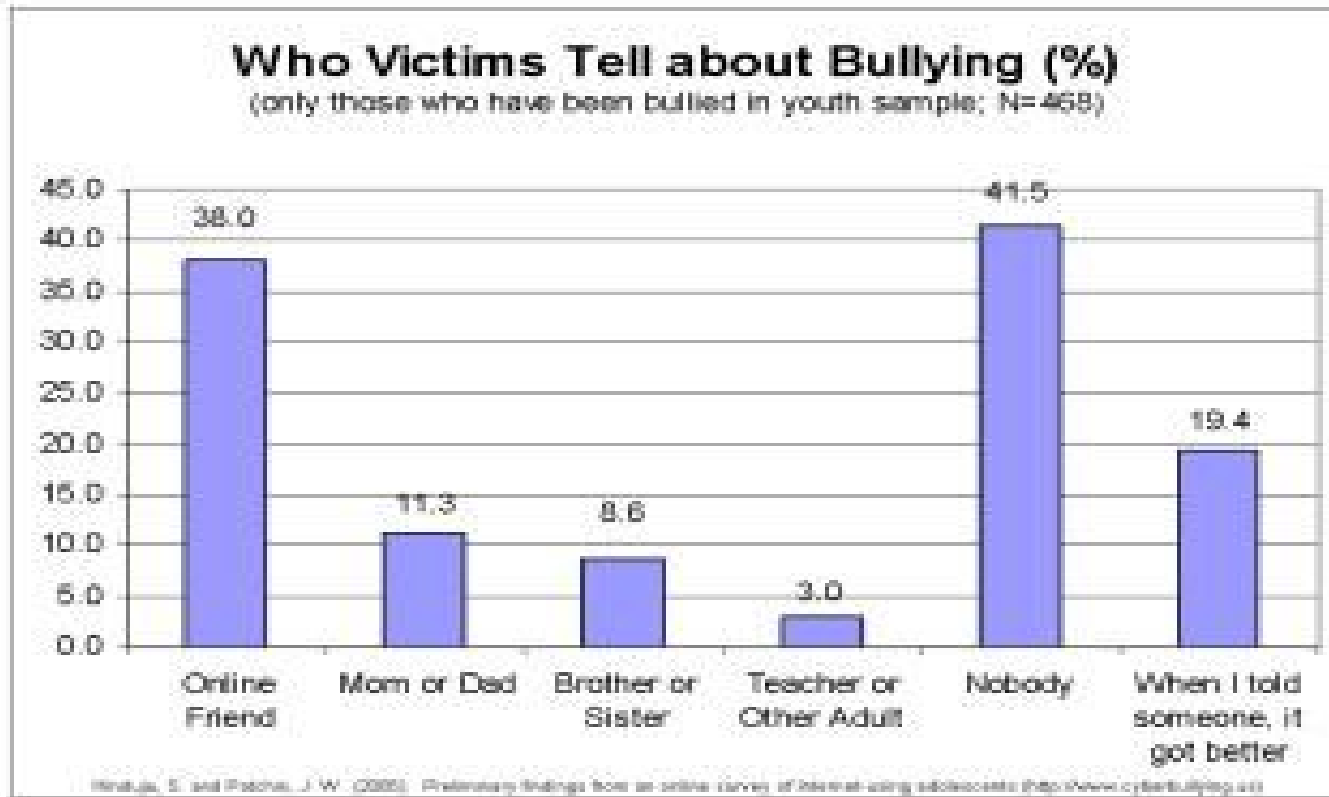
N=4441

Random Sample of 10-18 year-olds from large school district in the southern U.S.



previous 30 days

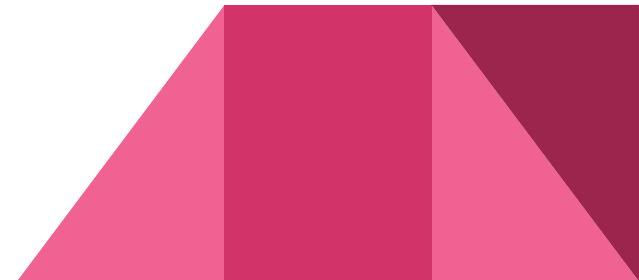
# Cyberbullying



Over 40% of cyberbullying victims do not tell anyone about the experience.

# Did you Know?

- Some studies show that girls are twice as likely as boys to be victims **and** perpetrators of cyberbullying.



# What to do if you are cyberbullied

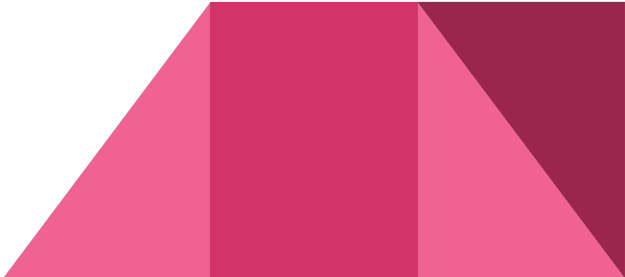
- Tell someone – Don't keep this to yourself. Tell a trusted adult about the bullying.
- Don't open or read messages by Cyberbullies.
- Tell the police if threatened.
- Tell your school if it is school related.
- Don't send a message when you are angry – it is hard to undo things that are said in anger.



# What to do if you are cyberbullied

- Don't give out private information such as passwords, pins, name, address, phone number, school name, or family and friends names.
- Protect yourself – never agree to meet with the person or with anyone you meet online.
- If bullied through chat or instant messaging, the “bully” can often be blocked. If so, block them!
- Don't erase the messages – they may be needed to take action. Instead, put them in a folder unread.

# 5 Questions to Ask Yourself

1. Are my actions or words hurting someone else's feelings?
  2. Are my actions or words hurting someone else physically or making that person feel afraid?
  3. Would I want someone else to do this to me?
  4. Am I unfairly taking my anger out on someone?
  5. Am I trying to control someone against his or her will?
- 

**Please talk to a school counselor, principal, teacher or other trusted adult if...**

- You have questions
- You would like more info
- You need to report cyberbullying

