

Cyberbullying

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What is cyberbullying?

“Cyberbullying is being cruel to others by sending or posting harmful material, or engaging in other forms of social cruelty using the Internet or other digital technologies.” *Willard (2006)*

Cyberbullying means using electronic/digital tools like cell phones and the Internet to hurt someone (by threatening, humiliating or embarrassing, ruining friendships or reputation).

A comparison of traditional bullying and cyberbullying

Traditional bullying	Cyberbullying
Face-to-face	Remote
Known bully	Can be anonymous or pretender (including pretending to be the patient)
Must be observed directly for others to spread accurate info	Can be known by anyone to whom the info is forwarded
Can report perpetrators	No one to report, in general
Primarily at school	Can be anywhere
Physical (boys) or verbal (girls) as a rule	Can involve sexuality or other personal harassment

A comparison of traditional bullying and cyberbullying

Spreads slowly if at all	Spreads instantly
Known by only a few people	Can be known by thousands of people
Few rumors	Many rumors manufactured or perpetrated
When it's over it's over	Pictures and comments never go away
Once home, feels safe	No safety anywhere
Difficult to prove who did what to whom	Evidence of C-B can be saved and reported to authorities

Frequency of cyberbullying in teens

- Cell phones are the most popular technology utilized by adolescents--almost 83%. A large proportion of adolescents use Facebook, but Twitter remains unpopular among youth.
- **Cyberbullying is defined as harassing, mistreating, or making fun of another person online or while using cell phones or other electronic devices. In one study, 17% of students said they have experienced cyberbullying, while 5% admitted being perpetrators.**
- Mean or hurtful comments (13.7%) and rumors (12.9%) spread online were among the most common.
- Cyberbullying is not affected by number of friends.
- Higher SES protects against physical aggression but actually increases the risk of cyberbullying
- *J.. Wang et al. Journal of Adolescent Health 45 (2009) 368-375*

Frequency of cyberbullying in teens

- Posting mean or hurtful comments and spreading rumors online were the most commonly reported types of cyberbullying students report. **About 11% report cyberbullying two or more times over the course of the previous 30 days.**
- Adolescent girls are significantly more likely to have experienced cyberbullying in their lifetimes (25.8% vs. 16%). The type of cyberbullying tends to differ by gender; girls are more likely to spread rumors while **boys are more likely to post hurtful pictures or videos.**



[View Photos of Bill \(1\)](#)

[View Videos of Bill](#)

[Send Bill a Message](#)

[Poke Bill](#)

Steve, I'm better than you and I have 40 billion reasons why.

Information

Networks:

Microsoft

Harvard University

Rich White People

Bill Gates just bought Azerbaijan!

Wall

Info

Photos

Boxes

Notes

Write something...

RECENT ACTIVITY

Bill and Ashton Kutcher are now friends. - [Comment](#) - [Like](#)

Bill is now a fan of Tool Academy and Project Runway. - [Com](#)



Steve Jobs Remember that OS you made that was awesome? Yeah, neither do I. at 4:45pm March 26 - [Comment](#) - [Like](#)

Steve Wozniak liked this.



Bill Gates at 4:48pm March 26

I'll mention that to the 88.9% market share I have. BTW, saw the new iPod shuffle. It looks like a tampon.

Write a comment...



Bill Gates SAYS NO TO THE NEW FACEBOOK at 12:02pm March 26 - [Comment](#) - [Like](#)

Who is this? (Bill Gates)

What is this? (His Facebook page)

- What does he say on his page?
 - I just bought Azerbaijan
 - I'm a friend of Ashton Kutcher
 - Steve, I'm better than you and I have 40 billion reasons why
- **Steve Jobs:** Remember that OS you made that was awesome? Yeah, neither do I.
- **Lesson: anyone can be anyone.**
 - A girl who says she loves you, via technology, may be a boy who hates you
 - That good-looking 17 year-old boy who wants to meet you tonight (you've even seen a dreamy picture of him, wants you to meet him at 10 PM—and then what might happen?)

What recommendations can be made to parents?

- Do not allow your children unsupervised access to computers
- Set up parental controls on computers and TVs to block mature content
- Monitor your child's text messages
- If your child has a Facebook account, talk openly about being friends, and more importantly, be able to log on as your child
- Communicate openly and non-judgmentally with your child about his or her use of technology
- If your child is acting secretive, (i.e., quickly shutting the computer down when you walk in the room), you need to set limits about computer use

What recommendations can be made to teens?

Don't do or say anything online you wouldn't in person.

- Only post things you are okay with people seeing and knowing.
- Remember, it's not just about you. If you post information or photos about your friends or family, you may also be putting *them* at risk.
- Never give your passwords to anyone other than your parent or guardian.
- Trust your instincts! If you think something is wrong or are feeling threatened, tell someone who can help you.

What recommendations can be made to teens? (cont)

- Don't respond to harassing, abusive or inappropriate comments. It won't make the person stop and it could get you in trouble or put you in danger.
- Use the privacy preferences to keep your page as private as you can.
- If you are in or coming out of a dangerous relationship, don't use any form of technology to contact your abuser. It can be dangerous and may be used against you in the future.
- Save or keep a record of all harassing or abusive messages, posts, and comments in case you decide to tell the police or get a protective order.
- Pictures and text in computers **never** go away; they will be available for future boyfriends/girlfriends, college/job applications, etc.

What recommendations can be made to teens? (cont)

- Don't send an embarrassing picture or information to your closest friend, no matter how sure you are that he or she would never share it.
- Margarite, a 14 y.o. girl from Lacey, WA, thought the **nude picture** of her was confidential; her boyfriend had other ideas once they broke up.
- Now she says “I guess if they are about to send a picture and have a feeling, like, they're not sure they should, then don't do it at all. I mean, what are you thinking? **It's freaking stupid!**”