

# Chandler Learning Academy Presents

---

Social Media and Internet Safety  
Bullying and Cyberbullying

# **SOCIAL MEDIA AND INTERNET SAFETY**

# How Social Media Affects the Role of Parents

- current electronic era makes it difficult to know who your kids are talking to, who they are “liking” on Facebook, what websites they are reading, which videos they are watching, and when and how often they are online
- remember that social media is an ever-changing arena
- parents need to be informed, aware, vigilant
- parents must teach responsible use of the internet
- must understand the longevity and accessibility of online content
- no such thing as online privacy
- engage in hands-on experience with popular social media sites
- the combination of their digital experience and lack of life experience often gets kids into trouble
- teach your kids about potential risks and set screen time limits

# Social Media Defined

- Social media is any social instrument of communication
- Social media such as Facebook, YouTube, Twitter, and texting offer instantaneous, two-way communication
- Social media allows anyone with online access to view the conversation
- Interaction occurs through comments, photos, videos, group discussions, and tweeting short messages
- According to PCWorld.com, 1.1 billion people are on Facebook, 200 million on Twitter, and YouTube gets 4 billion views per day.
- 9 out of 10 teens are on Facebook, 60% check their social media accounts daily, and 41% check their accounts constantly

# Sites Parents Should Learn First

## YouTube

- allows users to upload and share original videos
- people under 18 are not supposed to have access to mature content, but they often find their way around this
- anyone with an account can post videos and comments
- most children and teens watch music videos, spoofs of celebrities or tv shows, homemade videos posted by friends or other young people
- many comments are mean and vulgar
- teach your children not to engage with individuals posting these types of comments

# Sites Parents Should Learn First (cont.)

## Facebook

- created in 2004 by Mark Zuckerberg
- more than 1 billion users worldwide
- anyone over 13 with a valid email can join
- can post and share status updates, photos, and videos
- can play social media games
- be aware that many kids accept friend requests from people they don't know in an effort to have the most friends (virtual popularity)
- Facebook offers a variety of privacy settings
- become familiar with these settings and teach your children how and why to set them

# Sites Parents Should Learn First (cont.)

## Google+

- approx. 500 million users
- adds a social media aspect to Google's other properties such as Gmail
- similar to Facebook without paid advertising or promoted content
- captures a user's activities, searches, and location and shares this information with companies such as retailers and restaurants

# Sites Parents Should Learn First (cont.)

## Instagram

- photo sharing website/app
- all photos are public by default and are visible to anyone using Instagram
- users can select a private option which allows only approved users to see their content

## Snapchat

- photo/video sharing app
- can share/recieve content with friends or everyone
- content remains visible for up to 10 seconds (or 24 hours if placed on your “Story”) before it is deleted

# Sites Parents Should Learn First (cont.)

## Tumblr

- allows users to post photos, quotes, links, music, video, text (blog)
- features a dashboard tool which shows all of the blogs the user is following
- dashboard tool allows for simple, one-click content uploads to the user's blog
- can be linked to twitter and facebook
- users cannot make their primary blog private, but can ignore a user
- users can also make specific posts private

# Sites Parents Should Learn First (cont.)

## Twitter

- a microblogging and social networking site
- allows users to send “tweets” of 140 characters max.
- more than 400 million tweets per day, 200 million users
- if a user’s privacy settings are set to ‘public’, everything posted can be viewed by his/her followers
- offers a privacy setting that requires follower approval
- some tweets are graphic or may contain mature content

# Sites Parents Should Learn First (cont.)

## Pinterest

- bulletin board-style website that allows users to 'pin' online images, photos, text and videos to a virtual pinboard and share them with others
- pins can be categorized
- users can browse other pinboards and 're-pin' content to their own boards
- no privacy options- users can follow anyone
- parents should visit their child's pinboard often and discuss the importance of privacy and appropriate online behavior

# Privacy Settings and Identity Protection

- Each site has its own privacy options
- Parents should learn how to use them
- Review each sites privacy settings
- Adjust the settings to control who has access
- Make your account private
- Spend time on the sites to learn how each site works
- Utilize your child (they know how the sites work)

# Additional Safety Tips for Parents

- Guidelines- have them
- Require “friending”
- Share all passwords
- monitor online behavior
- Teach the proper netiquette

# Safety Tips for Kids

- Don't accept friend requests or followers from strangers
- Don't post your address and phone number
- Think before posting rude, vulgar, or distasteful pictures or language
- Don't respond to emails asking for personal information
- Don't click on weblinks within an email from anyone
- Delete emails from strangers without opening them
- Teach children & show them examples of appropriate information to post or share
- Check internet history to discover sites your child visits
- Don't provide personal information in the "about" section on social media

# Social Networking: How much is too much?

- No tv for children under 2
- limit older children to 2 hours
- Use common sense and wisdom regarding websites
- Promiscuity starts early-MONITOR, MONITOR, MONITOR
- Keep TV's, computers, tablets (ALL technology) out of bedrooms
- Don't make TV a habit
- Set rules and guidelines
- Be a Role Model
- Turn it off and use parental controls
- Choose appropriate sites, games, and tv shows together
- Watch tv together

# Best Age For a Cell Phone

If you are thinking about getting your child a cell phone, first answer these questions.

- Is your child responsible, independent, and mature?
- Does your child need to keep in touch for safety reasons?
- Does your child live in more than one household?
- Would your child benefit socially?
- Can your child follow the rules and limits set by you?

If you answered “YES” to most of these questions, your child may be ready to have their own cell phone. Some carriers offer additional “parental controls.”

# Netiquette

Established by Emily Post in her etiquette guide, “Emily Post’s Etiquette.” (18th Edition). These rules and manners are for social media, computer, and cell phone. Most kids believe they can get away with negative or inappropriate behaviors they could not use in the real world. The rule of netiquette suggest:

- Employ the “Golden Rule.”
- Double-check before you send
- Beware of “reply all”
- Respect others’ time and privacy
- Watch your grammar

# Texting and Sexting

Parents need to teach their children to be responsible and safe when texting. One way is to teach them to “self-reflect before you self-reveal” by asking these questions before sending a text.

- Would I be embarrassed if my family saw/read it?
- How would my friends react?
- If my message was shared with others, how would I feel?
- Would I broadcast it for everyone to hear?
- How would I feel if someone said this about me?
- Am I in the right state of mind? Am I angry or hurt? Should I calm down first?
- Am I being self-righteous or stubborn?
- What is my intention for sending the text?

**Sexting:** Includes inappropriate pictures, texts, messages, or suggestive thoughts, which are sexual in nature. These kinds of messages have legal implications that may result in child pornography charges. It is important to have these discussions before they happen and not after.

# Digital Cheating

The Internet provides instant access to information when we need it. However, it is also easier to plagiarize and copy work that has been created by someone else or to send answers for tests to other kids.

## Tips for Raising Ethical Digital Kids

- review your child's school work and check their citations and references
- teach them about plagiarizing (cutting and pasting directly)
- look for writing that doesn't appear to be theirs or sound like the way they write.
- check questionable sentences using the Internet search bar
- teach your child how to rephrase information in their own words
- talk with your child about cheating and having an honest work ethic

# Cyberbullying

## What is it?

- Using technology as a vehicle for acts of cruelty
- the electronic posting of mean-spirited messages about a person, often done anonymously
- mean texts, messages, or emails
- rumors sent by email or posted to social media
- posting embarrassing photos or videos

## Things to Know

- parents and law enforcers can track it easily
- parents need to talk with your children about the negative effects and the dangers

# Cyberbullying

What if my child is cyberbullied?

- Often times, kids who are bullied are online more
- Encourage kids to seek out support
- Immediately remove the child from the situation (take the phone, etc.)
- Talk about your child's feelings
- Contact the bully's parents
- Report bullying to your child's school/bully's school
- Copy and save malicious/inappropriate texts or messages
- Report it

# Parents: The first line of defense

- limit screen time
- teach children to behave respectfully and responsibly
- understand the information posted/shared leaves digital footprints
- install online filters and parental controls
- put the computer in an open area
- monitor your child's activities
- engage in ongoing conversations about technology safety
- implement an "Internet Media Agreement"
- consistently implement and reinforce rules and regulations
- check popular sites for appropriate content

# Digital Citizenship: Rules for online living

## **1. Be Honest**

Do not illegally download, gamble, or plagiarize

## **2. Be Healthy**

Moderation- monitor and control the amount of time spent with electronic devices

## **3. Be Safe**

Use strong passwords and don't share them. Keep all technology in a safe place.

## **4. Be Intelligent**

Learn about new technology and keep up with it. Balance online activities with offline learning opportunities

## **5. Respect Yourself**

Maintain your privacy and reputation

## **6. Respect Others**

Think before you send any messages or texts that may hurt someone or exclude them.

**BULLYING  
AND  
CYBERBULLYING**

HUMILIATE BAIT BAIT  
TORMENT TORMENT  
INTIMIDATE BAIT TRICK  
ATTACK BAIT TRICK  
DOMINATE RIDICULE  
TEASE TRICK  
EMBARRASS EMBARRASS  
HARASS TORMENT  
DERIDE TORMENT  
SHUN TAUNT  
STRONG-ARM STRONG-ARM

PICK ON PICK ON  
DEFAME TRICK  
INSULT TRICK  
EMBARRASS EMBARRASS  
SHUN SHUN  
ATTACK ATTACK  
DERIDE PERSECUTE  
TAUNT MOCK  
INTIMIDATE INTIMIDATE  
EMBARRASS STRONG-ARM

TAUNT TAUNT  
DEFAME DEFAME  
OPPRESS OPPRESS  
RIDICULE RIDICULE  
TORMENT TORMENT  
INTIMIDATE INTIMIDATE  
BROWBEAT BROWBEAT  
PICK ON PICK ON  
BEAT UP BEAT UP  
RIDICULE RIDICULE  
ATTACK ATTACK

PERSECUTE PERSECUTE  
ASSAULT ASSAULT  
HUMILIATE HUMILIATE  
SLANDER SLANDER  
TEASE TEASE  
PUT DOWN PUT DOWN  
DOMINATE DOMINATE  
BAIT BAIT  
ASSAULT ASSAULT  
SHUT OUT SHUT OUT  
PUT DOWN PUT DOWN

SLANDER SLANDER  
BROWBEAT BROWBEAT  
PUT DOWN PUT DOWN  
SHUN SHUN  
TRICK TRICK  
TRICK TRICK  
SHAME SHAME  
SLANDER SLANDER  
TORTURE TORTURE  
OPPRESS OPPRESS  
INSULT INSULT

# What is Bullying and What it is NOT

“Repeated physical, verbal, sexual, or psychological attacks or intimidation by one individual who is perceived as being physically or psychologically stronger than another.”

The following are the four elements of bullying:

1. Pain
2. Power
3. Persistence
4. Permission “Silent witnesses”

Bullying also includes:

-Name calling    Verbal forms of exclusion

Threats        Teasing

What Bullying is Not:

1. Arguments or conflicts
2. Choosing one friend over another
3. Being bossy to other kids
4. Telling a joke about someone
5. Fighting
6. Telling another person you don't like him/her or something he/she did.
7. Acts of harrassment or unkindness that only happen once.

# Types of Bullying ([www.stopbullying.gov](http://www.stopbullying.gov))

There are five categories (types) of bullying:

1 - Verbal Bullying-Teasing, name-calling, taunting, threatening

2 - **Cyberbullying**-Using technology as a vehicle for acts of cruelty

3 - **Social Bullying**-(Known as Relational Bullying) Spreading rumours, publicly embarrassing someone

4 - Physical Bullying-Hitting, kicking, spitting, tripping, pushing, etc.

**\*\*Most prevalent today and in need of most attention.**

# Types of Bullying ([www.stopbullying.gov](http://www.stopbullying.gov))

Relational Aggression - This form of bullying is most prevalent in middle school and usually happens more with girls than boys. The repetitive bullying behaviors include:

- Excluding someone from a peer group
- Ignoring someone purposefully
- Spreading gossip
- Withholding friendship
- Manipulating peers (Mean Girls)

# Types of Bullying ([www.stopbullying.gov](http://www.stopbullying.gov))

Cyberbullying - This is really a type of relational aggression. It is defined as “the electronic posting of mean-spirited messages about a person, often done anonymously.”

- Faceless, anonymous, hard to track
- Facebook, Twitter make it quite easy cyberbully
- Fake online profiles
- Many times will also be bullied in person
- Encourage your child to come to you or another adult for help
- Copy and save any malicious texts or posts and report to authorities.

# Characteristics of Bullying

-Plans to hurt.

-Happens regularly.

-Power

Bullies often have the following

characteristics in common:

-They have witnessed physical and verbal aggression

at home or in their community.

- They view aggressive behavior as positive and see it as a way to resolve conflict.

- They are either popular or unpopular with children their own age.

- They often show little concern for others feeling.

- They have trouble following rules.

\* Role of the Silent Witness

Characteristics of a Victim

- Insecurity and lack of confidence

- Limited peers

- Physically weak

- Overprotective Family

- Different from Peers

How can we help a victim?

- Make sure your child

knows he can trust you.

- Encourage your child

to ask for help if needed

- Make play dates.

# Bullying in the Elementary Years

- The main reason children in elementary years misbehave is because it works! It tends to get them what they want.
- Many are still learning how to get along with other children their age and don't understand the consequences of aggressive behavior.
- We must teach these young children what bullying is and why it is unacceptable.
- There are three key points:
  - The bully's goal is isolation. They try to exclude others from playing.
  - The bully's power is secrecy. Encourage them to break the silence.
  - More confident children are much less likely to be bullied.

# Bullying in the Middle and HS Years

This may originate from the adolescent's feelings of insecurity; to combat that feeling, a student may choose to use forms of bullying to gain power. Once this cycle starts, kids who want to "fit in" will use the behaviors that appear to be popular.

## Indicators of middle or high school victims:

- Student doesn't want to go to school.
- Student no longer sees his/her usual group of friends.
- Student's grades suffer.
- Student seems consistently unfocused and unmotivated.
- Student stops taking care of his/her appearance.
- Student consistently appears stressed or depressed.
- Student self-mutilates.

## What Parents Can Do:

- Set expectations for your child's behavior
- Consistently give your child positive feedback
- Monitor your own behavior at home.
- Create a network to stay informed.
- Teach healthy conflict resolution behavior.
- Teach your child social skills.
- Show your child the difference between being assertive and being aggressive.

# What Parents can Encourage Schools to Do

Parents should make sure schools inform students about bullying policies at the school and they should model to students how to deal with specific issues related to bullying.

Make the school accountable for making sure parents are aware of bullying policies as well as the school's anti-bullying efforts.

Make sure that bullying prevention is an ongoing priority.

Ensure that the topic of bullying is taught specifically by teachers who specify what it is and what it is not. Make sure they discuss the consequences of bullying and why it is so critical that everyone in the school join together to prevent bullying. This is so vital because many young students are not able to articulate the motivation behind their own behavior whether it's that of a bullying type or being a victim.

# Anti-Bullying Laws in the U.S.

- Every state has laws in place to prevent bullying in schools.

To find your state's anti-bullying laws, go to:

- <http://bullyingfacts.info/category/anti-bullying-laws/>

## In Summary

There are many forms of bullying, including physical, psychological, and verbal behaviors.

We must learn and teach what bullying is, and what it is not.

Adults must model behavior that is kind, empathetic, and assertive (not aggressive).

Parents are critical to helping children learn to stand up for themselves and others.

Schools must have clear, consistent anti-bullying policies in place, and implement consistent consequences.

Teachers play an important role in helping children recognize and stop bullying behavior.