



Digital Citizenship & Cyber Bullying Among Children and Adolescents

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Maintaining a Positive Digital Footprint



Why do I have a digital identity? Do I need one?

- —How do I define a digital footprint/identity? What is a social networking site?
- How does my digital identity align with my physical identity?
- What are the benefits of sharing online?
- Why am I so inclined to share personal information with such a wide audience?
- How do I view others who use social media? How do I judge those who interact differently than me?
- Is it as simple as for or against social media?

Who taught me how to use social media?

What type of digital identity are we talking about? How does it affect me?

- Your active digital footprint: things you are posting, sharing or sending online either publicly or through direct lines of communication

Goal:

- Understanding how our online professional/personal identity is critical for future academic and professional opportunities and successes
- Being aware of privacy settings in addition to understanding the audience you are posting to

How can I protect my digital identity?

- Never share your usernames or passwords with a friend
- Protect your physical property with passwords - don't allow a friend you don't trust to use your phone
- Ask an academic or professional mentor if what you are thinking of posting is appropriate
- Google yourself - if you don't like what you find you may need to refocus your online posts
- Highlight things that make you look good to colleges and employers - clubs, sports teams, talents, volunteering etc.

Never Post These Things Online

1. Illegal Activities
2. Bullying
3. Criticizing your teachers, boss, parents
etc.
4. Use a school computer to post
objectionable content
5. Post confidential information
6. Specific location check-ins
7. Lie, cheat or plagiarize
8. Threaten violence
9. Violate specific school rules
10. An unprofessional public profile
11. Rely on privacy settings 100%
12. Post emotionally

Phishing

- Like “fishing” (baiting and catching), this is a criminal method of attempting to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity in an electronic communication
- Where do we see cases of phishing on the internet? Phishers may be posing as:
 - Popular social networking sites (Instagram, Facebook, Twitter)
 - Online Auctions (Ebay)
 - IT Administrators
 - Online payment processors (Paypal)

How Phishers Catch Their Fish

- You may receive a phone call, text, email, instant message etc. asking you to enter your private information into a website that functions and looks similar to the real one
- What type of information are these criminals looking for?
 - Usernames and passwords
 - Credit card numbers, expiration dates and security codes
 - Social Security information
 - Using your computer's internal camera
 - Information regarding your family members and friends

An Example of a Phishing Email



Dear eBay Member,

We regret to inform you that your eBay account could be suspended if you don't re-update your account information.

To resolve this problem please visit link below and re-enter your account information:

https://signin.ebay.com/ws/eBaySAPI.dll?SignIn&sid=verify&co_partnerid=2&siteid=0

If your problems could not be resolved your account will be suspended for a period of 24 hours, after this period your account will be terminated.

For the User Agreement, Section 9, we may immediately issue a warning, temporarily suspend, indefinitely suspend or terminate your membership and refuse to provide our services to you if we believe that your actions may cause financial loss or legal liability for you, our users or us. We may also take these actions if we are unable to verify or authenticate any information you provide to us.

Due to the suspension of this account, please be advised you are prohibited from using eBay in any way. This includes the registering of a new account. Please note that this suspension does not relieve you of your agreed-upon obligation to pay any fees you may owe to eBay.

Regards,
Safeharbor Department eBay, Inc
The eBay team
This is an automatic message, please do not reply

How Do I Engage My Child/Teen on Social Media?

Parents/Guardians: What questions do you have right now on this topic? What information do you want to cover? What do you want your kids to know?

Students: What do you want your parents/guardians to know about your use of social media?

Parents and Students: Are you comfortable having that conversation? Why/Why not?

Amy Morin - LCSW - Author of 13 Things Mentally Strong People Don't Do shares 10 social media strategies for parents of teens

Social Media Strategies for Parents of Teens

Make it a point to learn more than you know about social media

Check your child's privacy settings

Discuss with your child how you expect them to respond to inappropriate behavior

Ask them what they think is appropriate to share online and let them know what you think

Establish clear boundaries about respecting people's privacy including that of your family

Make sure you are up to date on your child's social media usage (may include knowing passwords at your discretion)

Be aware of online scams (phishing)

Discuss how social media usage can affect your child's future

Develop a plan for your child to think about what they are posting before they share

Set time limits for internet/TV/video game usage when applicable

What is Respect For All?

The New York City Department of Education is committed to maintaining a safe and supportive learning environment that is free from harassment, intimidation and/or bullying and from discrimination based on actual or perceived race, color, citizenship/immigration status, religion, creed, national origin, disability, ethnicity, gender, gender identity, gender expression, sexual orientation, or weight.

Healthy Boundaries and Perceptions

- When your child is sharing, posting, liking and following on social media:
 - Ensure you have a conversation beyond what is professionally acceptable
 - Ask: Is your friend comfortable with you the amount you like and comment on their posts?
 - Why might a peer be uncomfortable with you amount you engage with them online even if the intentions are good?
 - Parents: You can help your child make responsible “friending” decisions when it comes to teachers, mentors, camp counselors etc.
 - If the teacher/mentor is willing to engage your child on social media, discuss how the relationship would be different than with a friend

Bullying and Intimidation

- Can be verbal, physical or both
- Is aggressive behavior by one person (or group) that is intended to cause some kind of harm to another person (or group)
- Is unwanted and perceived as negative by the person the behavior is directed towards
- Is often a pattern of repeated behavior over time
- Involves an uneven distribution of power in the relationship between bully and victim - may be physical, economic, racial, sexual etc.

2012 Study: Daily School Peer Victimization Experiences Among Mexican-American Adolescents: Associations with Psychosocial, Physical and School Adjustment

- One-Fourth of students reported they had been victimized over the 2-week period
- There were no differences in gender although previous research has shown differences among different populations
- Cultural Aspects: 3rd generation students more likely to report victimization
- Clear evidence of reduced academic achievement among the population
- Negative perception of role fulfillment
- No evidence of physical issues caused by bullying over the period

Overall Finding

"It is especially critical to address peer victimization because of their school-related implications. That is, although there are several factors aside from peer relationships that contribute to the dire academic outcomes among Mexican-American Adolescents, addressing peer victimization problems in schools appears to be one promising method for improving their school adjustment" - Espinoza, Gonzales & Fuligni (2012) (p. 1785)

2010 Law Prohibiting Cyberbullying - Albany, NY

“**Cyberbullying** shall mean any act of communicating or causing a communication to be sent by mechanical or electronic means, including posting statements on the internet or through a computer or email network, disseminating embarrassing or sexually explicit photographs; disseminating private, personal, false or sexual information, or sending hate mail, with no legitimate private, personal, or public purpose, with the intent to harass, annoy, threaten, abuse, taunt, intimidate, torment, humiliate, or otherwise inflict significant emotional harm on another person”

“This Legislature further finds that victims of cyber-bullying suffer very real and serious harm as a result of these incidents, often showing signs of **depression, anxiety, social isolation, nervousness when interacting with technology, low self esteem, and declining school performance**”

“This Legislature also determines that, in some cases, **victims attempt or commit suicide** in part because of the cyber-bullying they've endured”

Penalties: Misdemeanor punishable by a fine of up to \$1,000 and/or up to one year imprisonment

While the penalty for cyberbullying seems light, additional and more serious charges may be brought based on the severity of the bullying including:

- Violations under the Computer Fraud and Abuse Act
- Hate crimes, impersonation, harassment

Cyberbullying

Cyberbullying is bullying that takes place using electronics and the internet

- **Cyberbullying** includes:
 - Mean text messages or emails
 - Posting rumors online or on a social networking site
 - Posting embarrassing pictures or videos online meant to cause distress
 - Creating fake profiles or websites
 - Stalking someone else's profiles or web pages
 - What are some examples of cyberbullying you have seen in the past?

While the legal consequences of cyberbullying evolves, do not forget about **potential civil action** as well as action your school district may take

Remember, while it may feel like you are always the victim, consider your conduct online and make sure you are not bullying back in defense

Hurtful Biased Language

- Perhaps Jeff and Angela are joking around, but Carol and Jermaine may be upset when they hear:
 - Use of the N-word and other racial slurs
 - “Writing essays in history is retarded”
 - Making fun of a student based on their appearance, religion or customs
 - Use of words such as “gay” and “faggot” as replacements for “stupid” or silly
 - Stereotyping based on race, class, sexual orientation and gender identity

Always be **mindful** of your choice of words - You never know who might be listening and be affected by your comments

Hurtful Language



Nicole Perez

Nicole gets her geometry test back and sees a 64. Unhappy with her grade, she posts her score on Instagram with the caption “these geometry tests are so gay”

Spreading rumors through text messages



Dylan Parker

Dylan asks Ashley on a date and she politely declines. Angry about it, Dylan texts Kenny that Ashley must be a virgin because she wouldn’t go out with him.

Creating a fake profile with the intent to cause distress



Ashley Wilson

Ashley likes Kenny who is dating Nicole. Ashley tries to break up their relationship by creating a fake profile where she acts as Jake saying mean things to Nicole

Spreading rumors through social media



Kenny Chan

Kenny sends the text from Dylan to 5 of his friends on Facebook and they name the group “Ashley the Virgin.” Ashley cannot see the group on her phone but hears about it from a member of the group.

The Social Media We Know

Facebook

Twitter

Instagram

Snapchat

Youtube

Pinterest

Emerging Forms of Social Media

- PS4, XBOX & Steam

- Gaming communities connected through mobile, pc and consoles with the ability to text and voice chat, share pictures & video and comment on posts similar to facebook

- Twitch

- 1.7 million live broadcasters and 100 million viewers per month broadcasting video games, e-sports, editorials etc. with interaction between broadcaster and viewers

- Periscope

- Allows users to broadcast live from their smartphone

- Minecraft

Community style worlds where multiple players can work together to build and play

Emerging Forms of Social Media

- **Linked-In**

Professional business and employment-oriented social networking service

- **Online Dating Websites**

Tinder, Bumble, Grinder, J-Date, Black People Meet, Christian Mingle etc.

- **Craig's List**

Online classifieds

What other forms of emerging social media have you seen your children use?

What You (Students) Can Do to Help

- Be mindful of your environment - your actions and words can hurt people even if those consequences are unintended
- Your teachers are here to help you! Use them as valuable resources for support.
- Speak Up! Be an advocate for those around you - If you witness or experience harmful behavior, please report it to a teacher, counselor, or a positive adult role model

What You (Parents) Can Do to Help

Well, let's start with what you shouldn't do:

- Engage the cyberbully in person or through your own social media account
- Dismiss your child seeking your help - what is happening online may seriously be hurting them
- Limit your child's social media time without all of the relevant facts - you may be trying to protect them but they will feel humiliated and punished
- Contact the cyberbully's parents if you do not already know them - it is OK however to reach out to a family you do know if you believe you can have a meaningful and positive conversation with them

Delete records of the cyberbullying

What (You) Parents Can Do to Help

- Be supportive of your child and validate their feelings even if the nature of the bullying does not seem serious to you - remind them that you love and care about them
- Repeat the step above
- If your child is in school with the bully, contact a guidance counselor, teacher or someone you trust at the school to let them know what is happening - be specific and provide records if possible
- If the bullying is so severe, consider contacting your local law enforcement agency and calmly explain the situation providing records of the abuse

What My Students Want You To Know

- Social media provided a voice for me when I felt I did not have one
- I was able to express my suicidal ideations through social media leading to me getting help
- I just post on social media because I want to show people I do cool “stuff”
- No one taught me how to use social media, I just do what everyone else does

Questions for Reflection

1. What advice would you give to a younger sibling, cousin or student regarding cyberbullying?
2. Why does bullying occur more online than face-to-face?
3. Should cyberbullying be punishable by law or is it freedom of speech?
4. Do you foresee cyberbullying getting better or worse?
5. Where does most online cyberbullying take place?
6. What is your experience with cyberbullying?