



**Burch Charter
School of Excellence**

**December 8, 2020
Parent University**

**Cyberbullying &
Accountable
Talk**

What is Cyberbullying?

Cyberbullying is the electronic posting of mean-spirited messages about a person (such as a student) often done anonymously.

Cyberbullying was first heard of in 2000.

Some common sites that cyberbullying has happened on in recent years are Facebook and Twitter.



What is Cyberbullying?

Why the internet fosters cyberbullying?

- No tangible feedback
- Sense of being anonymous
- Multiple online personas
- Sense of power
- No responsible in evidence



What is Cyberbullying?

Examples of Cyberbullying

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



What is Cyberbullying?

Who Does Cyberbullying Hurt?

Elementary, Middle and High School Students

- Over half of adolescents and teens have been bullied online.
- Approximately 1 in 3 young people have received online threats.
- Over 25% of young people have been repeatedly bullied through cell phones or the internet.
- In a study conducted by NSPCC (National Society for Prevention of Cruelty to Children) in 2016, there was an **88 percent increase** in cyberbullying incidents among school-going children.

How to Prevent Cyberbullying at School

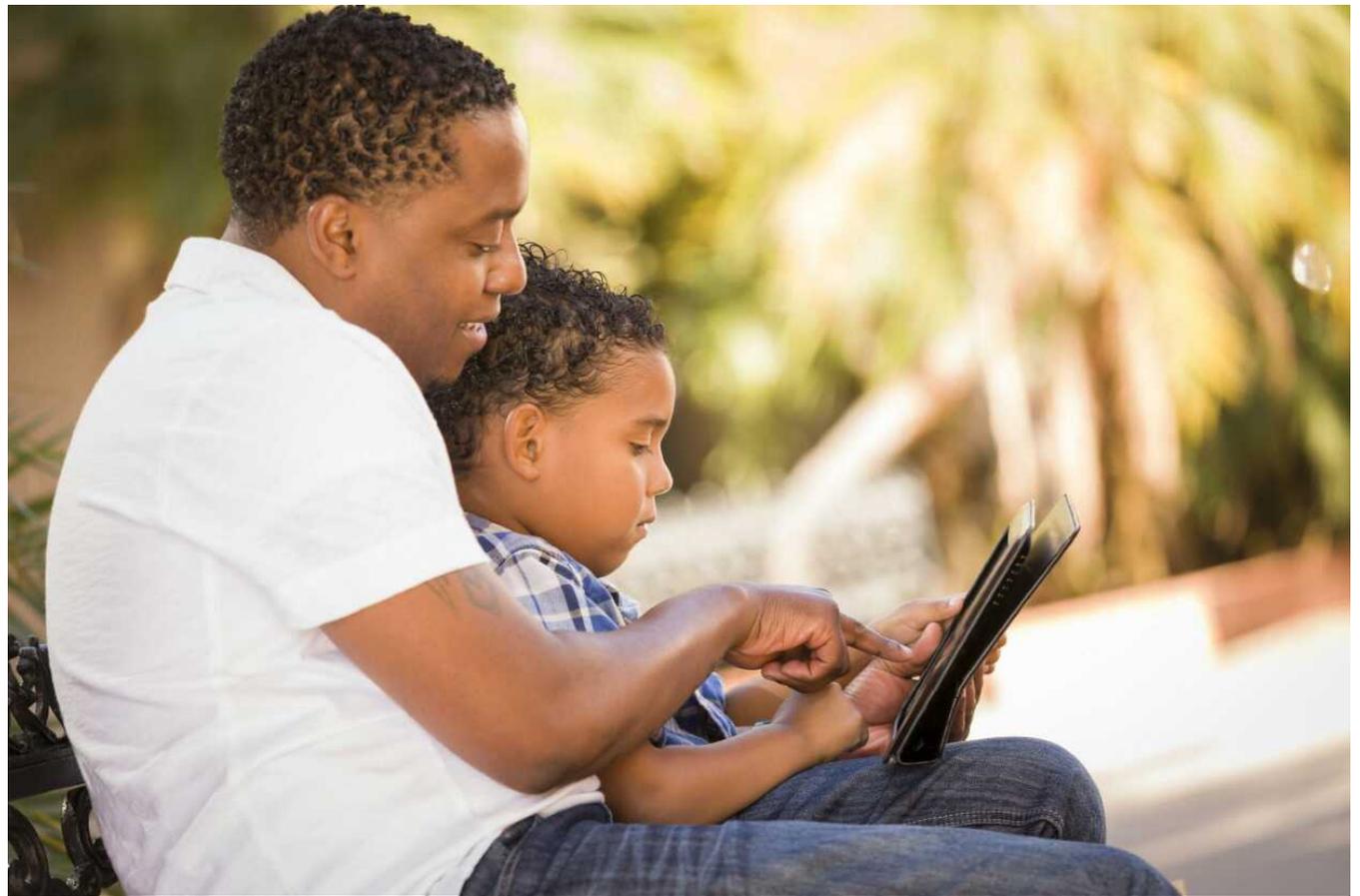
**Save the
evidence**

**Inform School
Administration**

**Be an
Upstander
Not a
Bystander**

PARENTS' ROLE IN PREVENTING BULLYING

Parents can play a pivotal role in assisting the school district in preventing bullying. School staff and parents can and should work together to create a school that is free of bullying.



There are certain behaviors a child may exhibit at home that may be a warning sign or symptom that they have been bullied at school.

Possible Signs and Symptoms of a Bullied Child



School

Scholar is afraid to go to school

Complains of headache or feeling ill prior to leaving for school



Personal Items

Scholar comes home with damaged clothing or toys



Injuries

Scholar comes home with bruises, cuts or scratches



Isolation

Scholar seem socially isolated with few if any friends



Sleep

Scholar is sleeping more than usual



Positive Approaches to Help Address Bullying in School

Take time each day to have a conversation with their child about their day-to-day life and activities. If a child is comfortable talking to their parent about school, friends, and activities, they will feel comfortable talking to their parent if they become a target of bullying.



Positive Approaches to Help Address Bullying in School

PARENT BEHAVIORS

1. Spend time at school as a volunteer.
2. Demonstrate expressions of kindness. Children learn from watching and observing their parents.
3. Learn the signs and symptoms of bullying.
4. Encourage their child to stand-up to help those who are being bullied.
5. Teach their child about cyber-bullying and the impact of sending mean, cruel or threatening internet messages.



Ways Parents can Respond to Children Who are Bullied

If a child tells their parent they have been bullied at school

1. Do not dismiss the child's experience as "they are just teasing you."
2. Do not place the blame on their child
3. Encourage their child to keep talking about the incident; Parent, Family Member, or Trusted Teacher.
4. Encourage the child to stay away from the alleged bully and let the school investigate and remedy the problem.
5. Teach their child about cyber-bullying and the impact of sending mean, cruel or threatening internet messages.



What Parents of an Alleged Bully Can Do

Upon receiving a report from school that their child may have bullied another child

1. Demonstrate to your child that you take the problems as a serious matter.
2. Question and listen carefully to their child about the allegations.
3. Make it clear that this conduct must stop immediately.
4. Collaborate with the School Counselor and Administration to remedy the problem.

Tips to Prevent / Deal with Cyberbullying at Home



Supervision

Keep Computers in an area of the home where the child's actions on the computer can be supervised



Time Limits

Establish and enforce reasonable limits for the amount of time children spend on the computer.

Use apps to limit WI-FI



Passwords

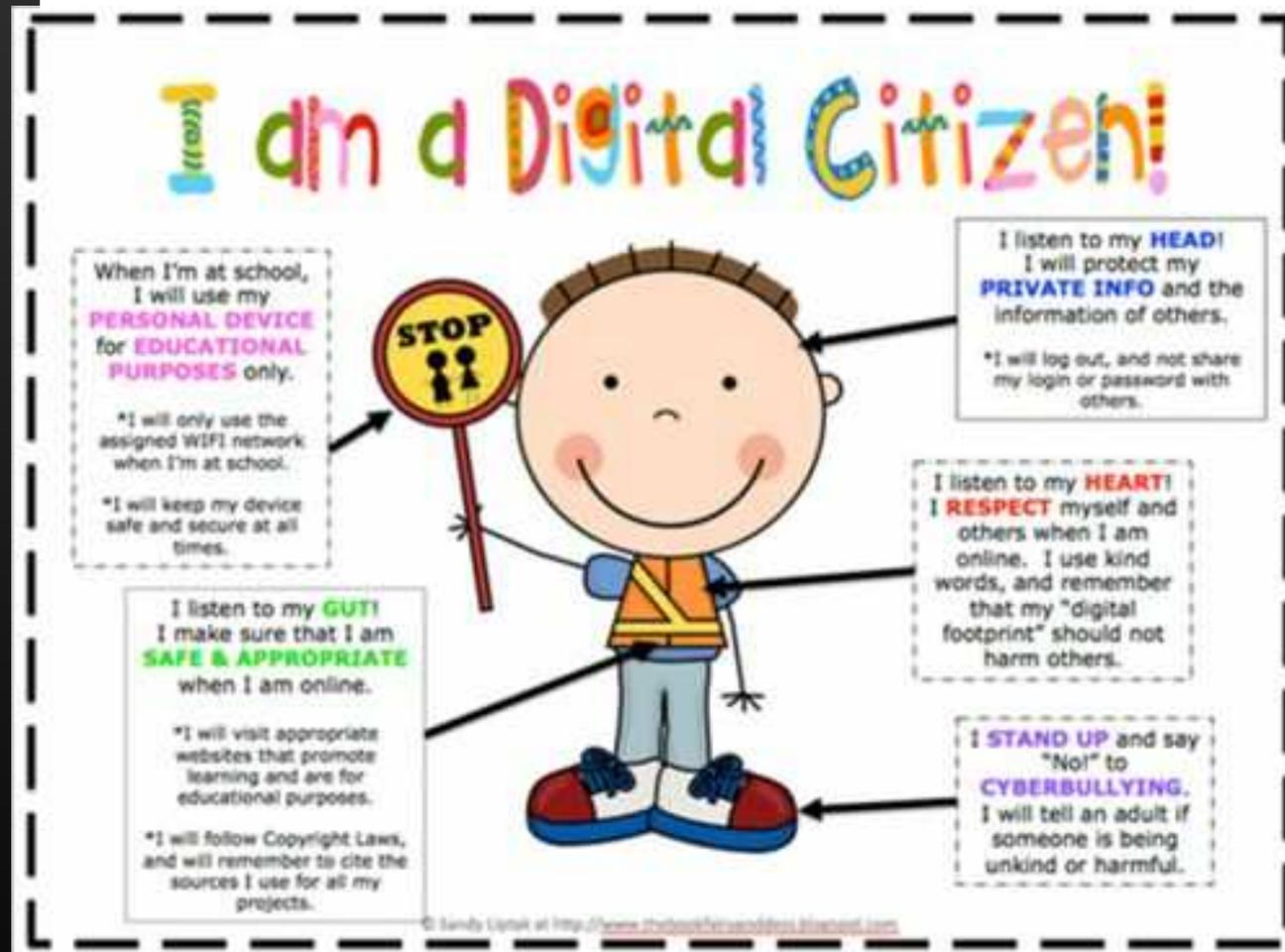
Have access to your child's online accounts including passwords



Rules

Discuss online chat rooms and what is appropriate for their child to post on these sites

Promoting Digital Citizenship



Learn more about Cyberbullying through these sites

- <https://cyberbullying.org/>
- <https://www.ncpc.org/resources/cyberbullying/>
- <https://www.niot.org/nios/about>
- <https://internetsafety101.org/cyberbullying>
- <https://www.puresight.com/Cyberbullying/the-dangers-of-cyber-bullying.html>

Q & A

Thanks

