

Cyber Bullying



**How to Recognize and Deal with
Cyber Bullying in the Classroom**

What is Cyber Bullying?



Cyber bullying is when a person, or a group of people, uses the internet, mobile phones or other digital technologies to threaten, tease or abuse someone.



It's against the law to bully someone in this way and if someone is being mean or threatening you, something can be done to stop them.

Cyber bullying is bullying,
but it is different from other forms of bullying.

Bullying is unfair and unpleasant in all its forms but cyber bullying can add additional stress and anxiety to a person who experiences this form of bullying.

Whereas face to face bullying ends when a victim goes home, cyber bullies can attack victims at anytime.

Even more, victims of cyber bullying do not always know who their attacker is as cyber bullies can attack anonymously by censoring their identity.

“Young people are growing up with access to more and more technology, often using the internet and mobiles as the main way to reach friends. If threats continue outside of school it may make the target feel like there’s no escape.”



**The act of bullying is nothing new.
It's an age old problem that's only likely to persist.
Here are a few facts and figures about cyber bullying.
This source is 4 years old, imagine what the statistics
could be like in 10 years time.**

Online bullying affects 1 in 3 children.

"Parents need to sit down and discuss with them what kind of sites they're going to, how much personal information they're giving out and what kind of safeguards they have in place to prevent them being accessible by strangers."

The number of children aged between 12 and 15 using the internet had doubled in the past two years.

Children are by nature "risk-takers" and can make themselves prone to bullying through lax online security.
"They're opening their profiles to public settings with a view to gaining more friends because the whole game of being online for kids is to attract as many friends as they can.

NET DEFICITS

- * 99% of children 8-17 years have regular access to the internet*
- * 12-15 year olds have doubled their use of the internet over just two years*
- * Almost 50% of children 12-15 years have given out personal information online*
- * 84% use chat rooms daily +
 - * 74% use instant messaging daily +
- * Up to 90% of 8-16 year olds have viewed adult content online, most while doing homework**



What can
we do as
teachers?

How to Recognize Cyber Bullying

Cyber bullying can be difficult to recognize because it takes place behind closed doors. Unless a student or child talks to you about their being bullied, you may not recognize they're being bullied.



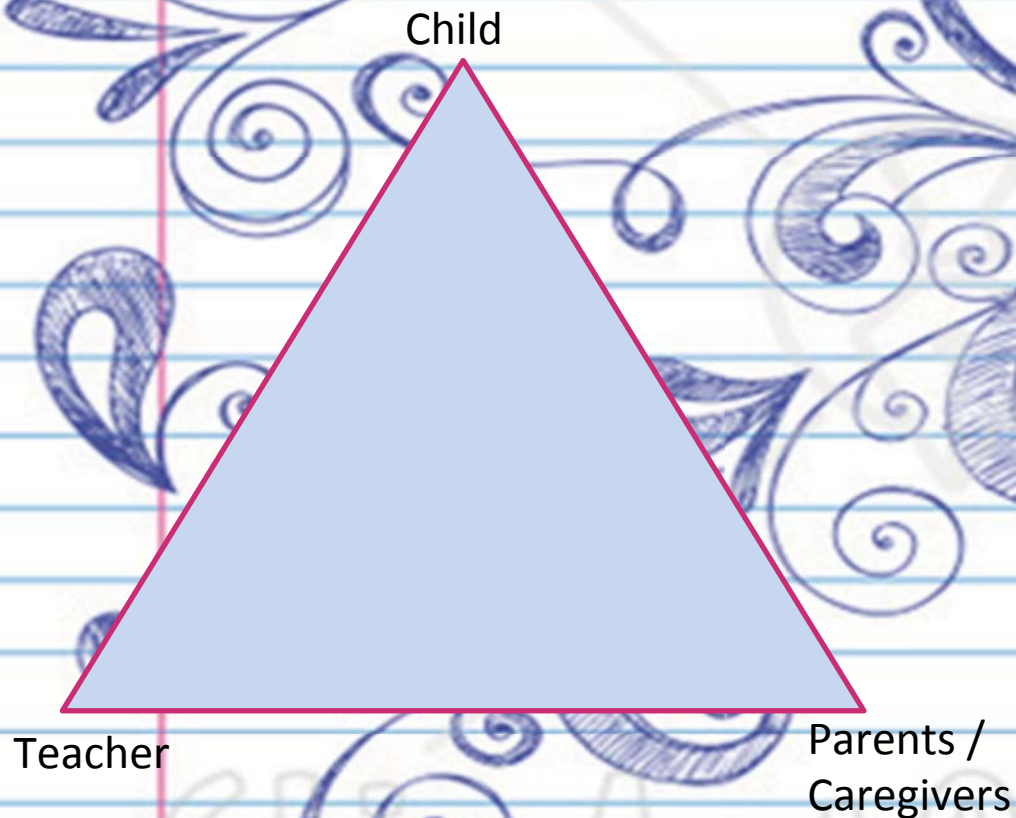
One online resource suggests possible signs of a child being bullied or if a child is bullying.

Signs a Child Is Being Bullied:

- * He or she may be reluctant to use the computer or electronic device
- * Avoid discussion about what they are doing on the computer, or other electronic device
- * May look or appear nervous, anxious or jumpy when receiving an email, IM or text message
- * May display unusual anger, sadness, and depression after using the computer or electronic device
- * May discuss revenge
- * Exit or click out of whatever they are doing, if a person walks by
- * Unexpectedly quits using the computer or electronic device
- * Be having trouble sleeping or have other sleeping disturbances
- * Show a decline in school homework or grades
- * Have an unusual interest in self-harm or in suicide
- * Exhibit unusual mood swings
- * Not feel well, headaches, upset stomach
- * Become reclusive, anti-social and/or is losing friends
- * Be unusually withdrawn or depressed
- * Not want to be involved in family or school activities

Signs a Child May Be the Bully:

- * He or she may use numerous online accounts or accounts that are not theirs
- * When using the computer or electronic device, he or she excessively laughs
- * May avoid discussion or conversations regarding online activities
- * May close or click out whatever he or she is doing when a person walks by
- * May frequently use the computer, especially at night
- * May become upset if computer access or other electronic device is denied



As with the majority of issues concerning children's education, the 3-way relationship of student, parent and teacher/ school needs considering when dealing with bullying.

There are numerous initiatives available within New Zealand which are non-cyber specific, and deal with bullying in its many guises.

These are provided by a multitude of different agencies, offering a wide range of approaches, including **proactive** and **pre-emptive** responses to the issue.

Reactive & Pre-emptive Responses

REACTIVE – including,

Community Support Agencies

These sorts of initiatives will be best suited for use by the students and their families, and may be able to give you additional advice or information to help solve bullying problems.

For example:

- Citizen's Advice Bureaux
- Lifeline
- Kids line
- Victim Support
- Samaritans
- Youth line
- What's Up

PRE-EMPTIVE – including,

Police Youth programmes include:

- Kia Kaha (Stand Strong) - an anti-bullying programme taught by police education officers, in partnership with teachers, to students in Years 0-13. Contact your police station for details.
- Keeping Ourselves Safe - a positive personal safety programme for primary and secondary schools, introduced by your local police education officer. Contact your police station for details.
- DARE Skills for Life - a series of resources for young people and parents. Contact your local police station or the DARE Foundation for details.

Source:

<http://www.police.govt.nz/service/yes/nobully/help.html>

Finding helpful information.

Cyber bullying very much illustrates the double edged sword nature of this new technology.

Keeping us all in touch, versus cyber bullying.
Information at our finger tips, versus too much information.

Despite being a relatively new phenomenon, there already exists a myriad of online resources dealing with cyber bullying.

Our Choice for BEST RESOURCE is:

NetSafe.

<http://www.netsafe.org.nz/>

The site hosts a whole range of resources, tools, information etc, in a relatively accessible format.

“NetSafe is an independent non-profit organisation that promotes confident, safe, and responsible use of online technologies.

They promote cybersafety and champion digital citizenship by educating and supporting individuals, organisations and industry on a range of issues.

NetSafe is a multi-stakeholder partnership which represents a range of perspectives from New Zealand’s cybersafety community.

Partners come from a range of sectors and groups including:

- Government
- Education
- Law
- Industry
- Community
- Parents and Caregivers
- Children and Young People

<http://www.netsafe.org.nz>

The following advice is taken from the NetSafe website.
<http://www.cyberbullying.org.nz/teachers/>

What can I do to prevent cyber bullying amongst my students?

Cyber bullying is bullying. Apply school policy on bullying to cyber bullying.

Classroom interventions

- Continue to promote safe and responsible use of technology in your learning environment
- Develop a “class contract” with your students that includes appropriate behaviour online/on mobile both inside and outside of school time.
- Ensure all students understand your school’s ICT Use Agreements (templates are available from NetSafe).
- Make sure parents and caregivers are informed about what cyber bullying means and that it is not tolerated among your students.
- Create a pledge in your classroom to be positive bystanders

Recognise the importance of bystanders.

- Bystanders are people who do not start a bullying situation but see it happening.
- Bystanders can help or hinder bullying situations.
- 75% of peer (bystander) actions in a UK study (O’Connell, Pepler, & Craig, 1999) were successful in stopping bullying.

How bystanders can help

- Defenders can be very effective in addressing cyber bullying situations. Cyber bullying defenders can avoid the physical dangers of intervening in face-to-face bullying situations.
- Bystanders can intervene anonymously – by telling someone/reporting abuse – and secretly – by talking directly to the target without an audience.
- Bystanders to a cyber bullying situation help the person being bullied by letting them know that they support them.
- Bystanders can save the evidence of the bullying and report the bullying to someone who can help (e.g., a principal at school, a parent or caregiver, etc.).

For more advice on staying safe online see our NetBasics website and links to popular New Zealand websites and services at

<http://www.cyberbullying.org.nz/links.php>

Advice for your students:

- No one has the right to make you feel like this.
- It might seem that there is no way to make it stop, but there are things that you can do to prevent it from happening or make it stop.

Things you can do to protect yourself...

Talk to someone you trust like a parent or teacher. They can help you to sort it out.

Don't reply to any messages you receive, as this may encourage the bullies.

Keep a copy of the abusive emails, texts or messages that you receive and when they were sent to you.

Change your online nicknames or user ID to something different

**TAKE A STAND
AGAINST
CYBER
BULLIES**
>> STOP THE BULLYING

HOT OFF THE PRESS:

Re: EDUCATION GAZETTE Monday 16 July 2012

New websites assist schools to respond to bullying and other challenging behaviours.

Two new websites have recently been launched to assist schools to create safe and caring learning environments that deter bullying.

The two new websites are Wellbeing@School and PB4L Online.

- **What schools can find on the Wellbeing@School website:**
- A five-step self-review process with ideas about what to do at each step,
- Downloadable or online learner and staff surveys,
- Confidential reports that analyse a school's data and highlight areas a school could address,
- Strategies for the different areas that a survey indicates could be addressed,
- Support information, related articles, links and programmes.
- **What educators can find on PB4L Online**
- Individual, classroom, early childhood centre and whole school approaches for creating a climate where positive behaviour and learning flourish,
- Ways to address bullying behaviours,
- How to help children and young people feel safe and secure, and how to defuse a situation,
- Training and programmes available to educators and parents,
- Services and support available through the Ministry of Education.

CONTACTS

The following is a list of contacts to share with students and add to your teaching resource binder.

Kidsline (age up to 14)

0800 kidsline (0800 54 37 54)

kidsline.org.nz

What's Up (age 5 to 18)

0800 whatsup (0800 942 8787)

www.whatsup.co.nz

Youthline (age 13 to 24)

(0800 37 66 33) or free text 234

www.youthline.co.nz

Netsafe (text/cyber-bullying)

0508 netsafe (0508 638 723)

www.netsafe.org.nz

Police advice

0800 nobully (0800 66 28 55)

www.nobully.org.nz

Youthlaw (legal advice)

0800 youthlaw (0800 884 529)

www.youthlaw.co.nz

Children's Commissioner

(0800 22 44 53)

www.occ.org.nz

Mental Health Foundation

(stand up against bullying)

www.pinkshirtday.org.nz

The Lowdown

Free Text: 5626

www.thelowdown.co.nz

team@thelowdown.co.nz

WebSafety NZ

www.websafety.co.nz