

# Bullying in a Technology-Fueled World

Challenges and Opportunities in Afterschool

March 19, 2014





# Rebecca's Story

# Bullying

Unwanted aggressive behavior that involves a real or perceived power imbalance



# Bullying

- ✦ Threats
- ✦ Rumors
- ✦ Physical or verbal abuse
- ✦ Exclusion from a group
- ✦ Repeated over time



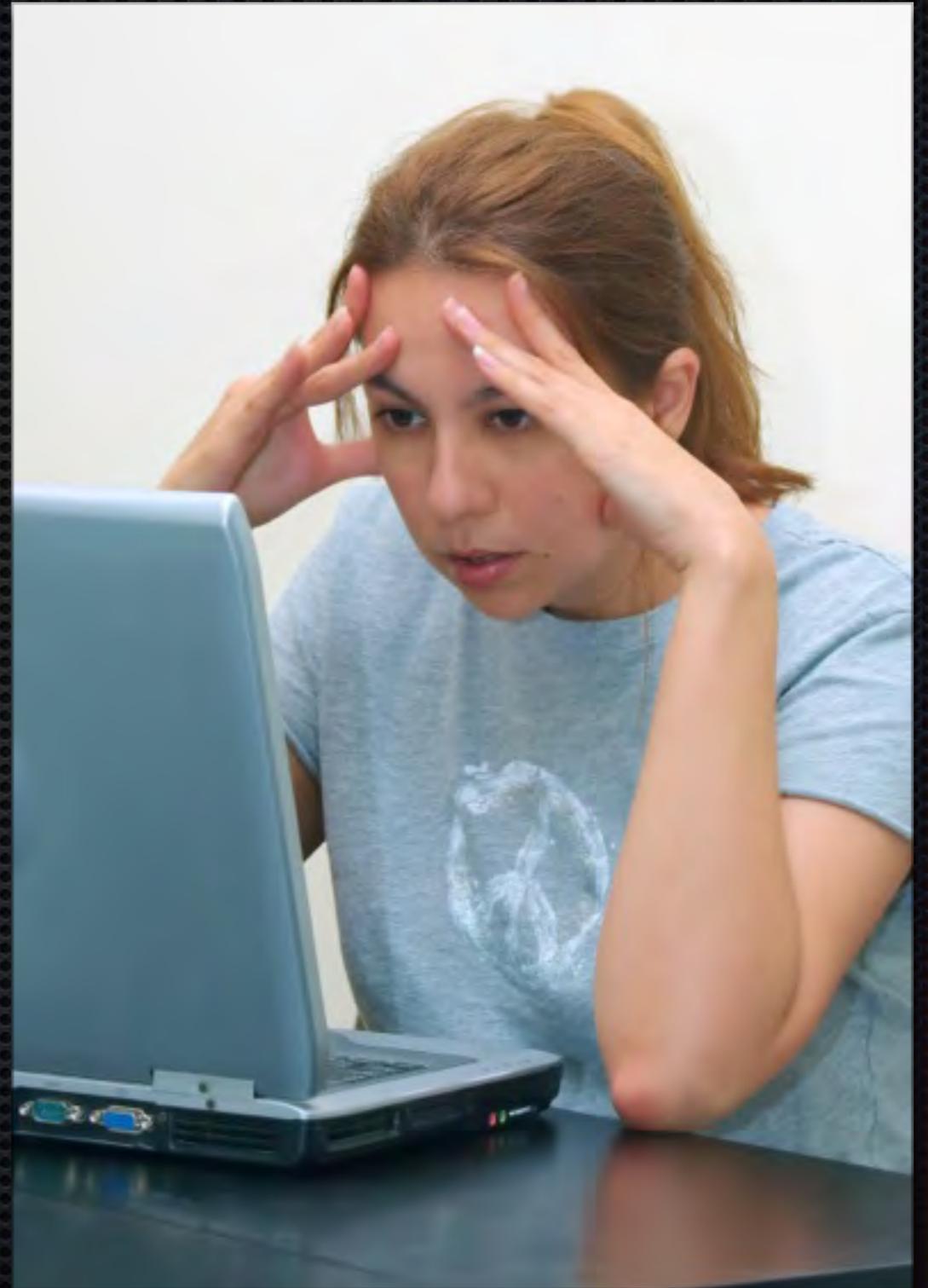


# Bullying

creates a climate of fear and disrespect

# Cyberbullying

a technological twist



# Cyberbullying

- ✦ uses electronic technology
  - ✦ cell phones, computers, tablets, and apps
  - ✦ social media
  - ✦ chat and text



What makes it so different  
and so dangerous?

Cyberbullies can strike  
24 hours a day and  
7 days a week

Alone in your room

At home

Anonymously

Sitting with your family

Day or night

Cyberbullies can reach a wide audience with a click.

Their posts are difficult to remove.

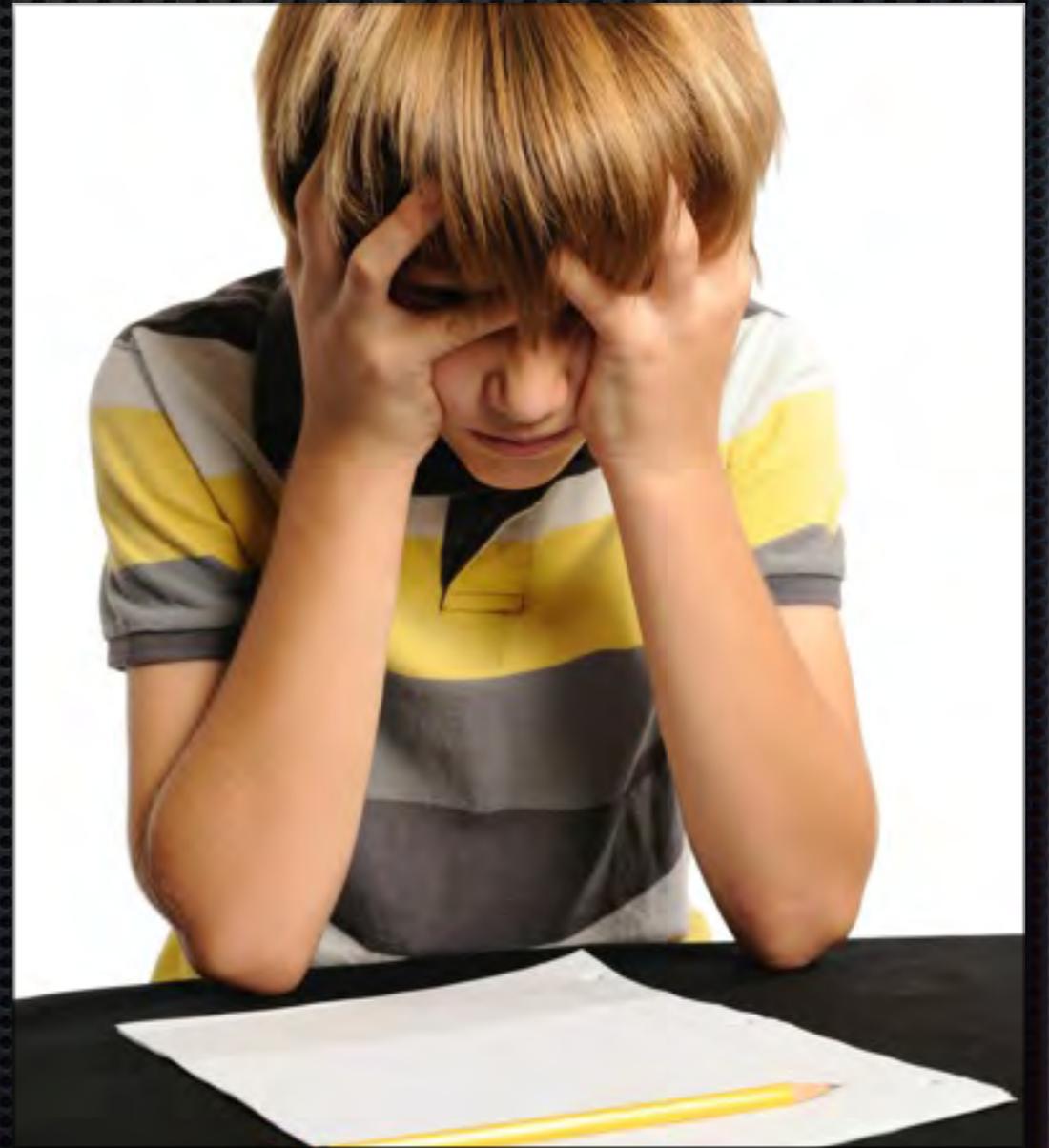
They can be impossible to trace.



What are the effects on students?

# more likely to...

- ✦ use alcohol and drugs
- ✦ skip school
- ✦ have lower grades



# more likely to...

- ✦ have low self-esteem
- ✦ exhibit health problems
- ✦ become lonely or anxious
- ✦ have suicidal thoughts



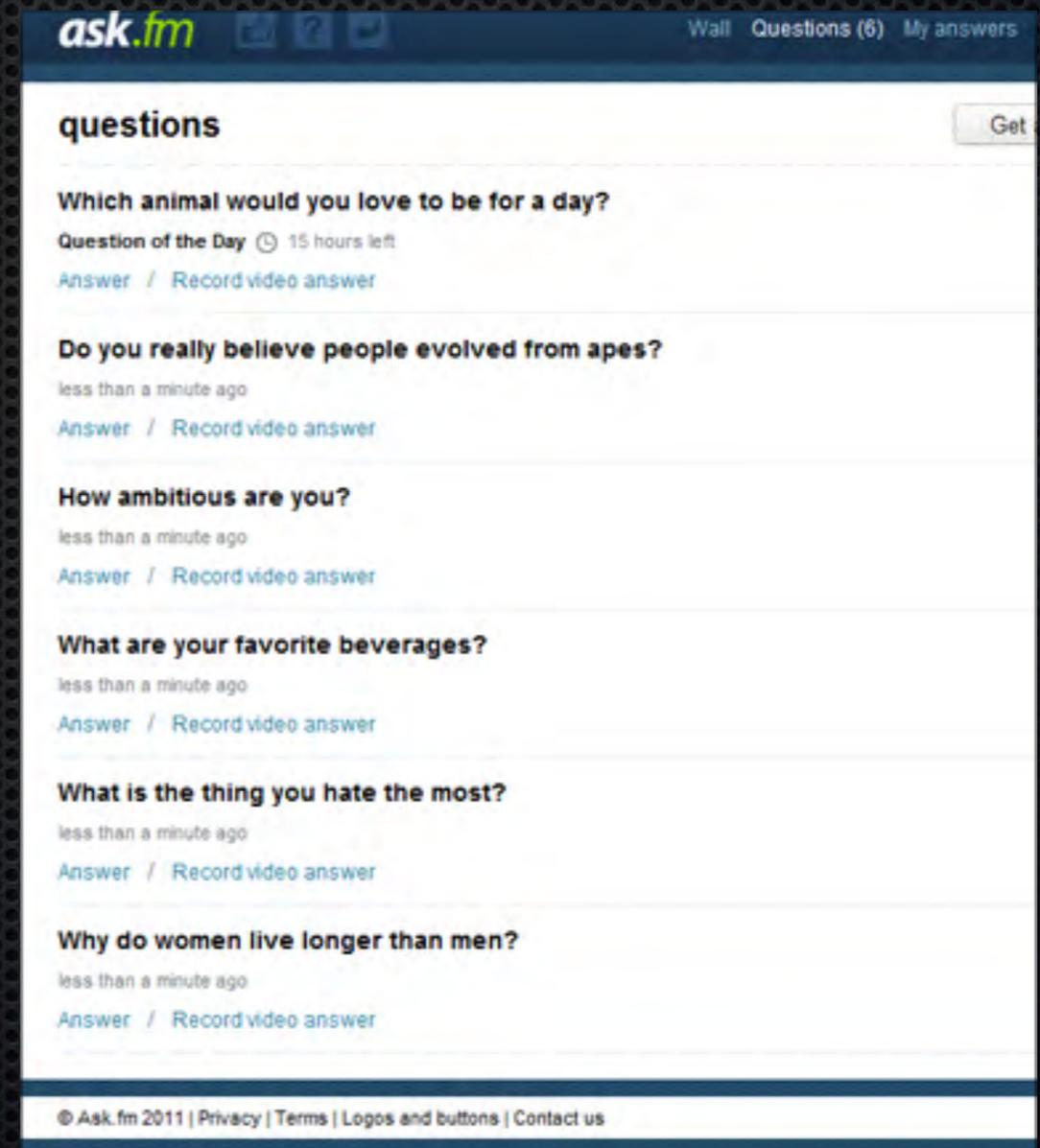


# The Technology

...reaching into the palm of your hand

# Websites

- ✦ Facebook
- ✦ Myspace
- ✦ Ask.fm



# Apps

- snapchat
- twitter
- tinychat
- pheed
- whatsapp
- secret
- vine
- whisper
- wechat
- backchat
- viber
- kik
- instagram
- yikyak





What are the signs?

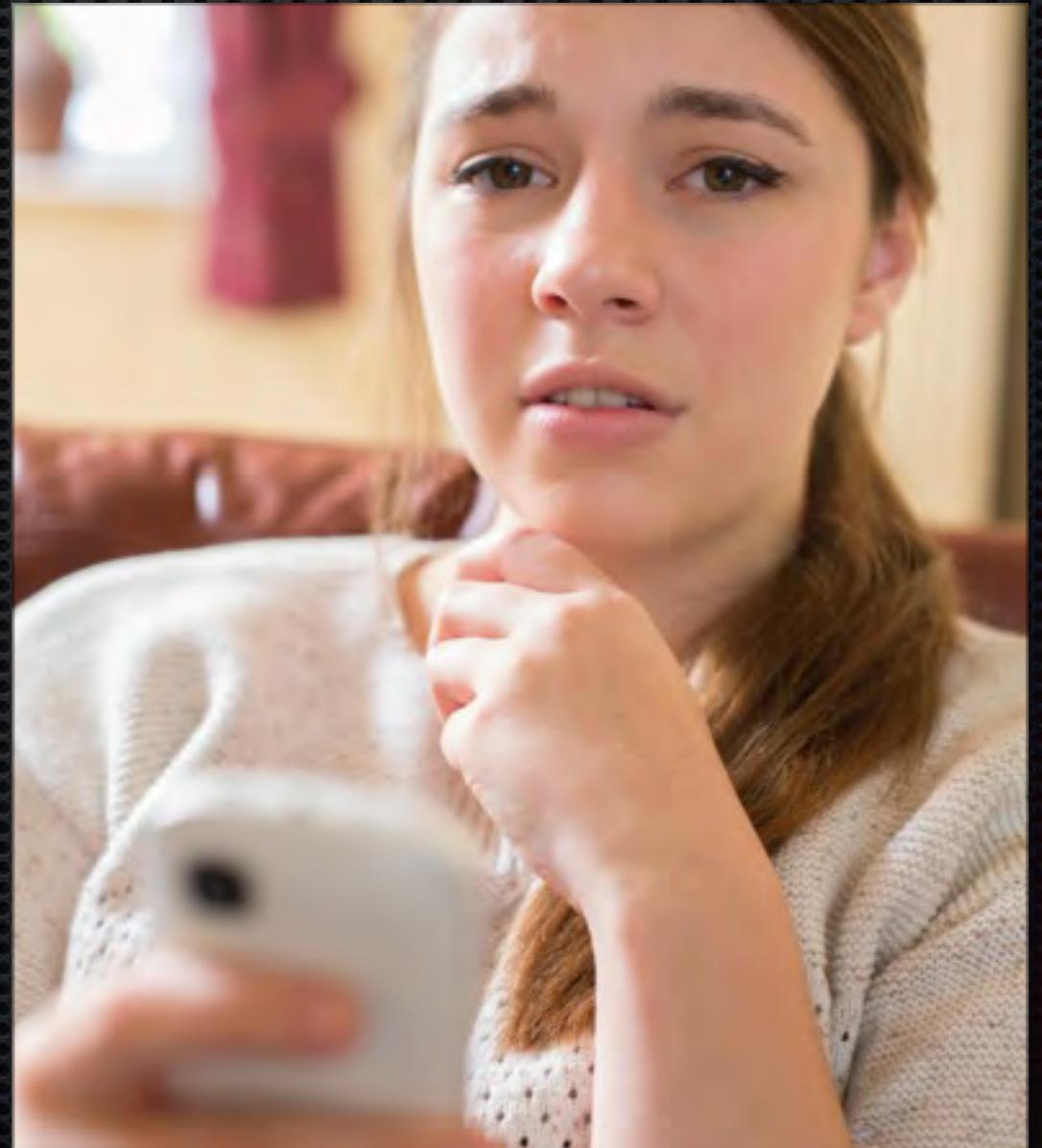
# Being Bullied - Traditional

- ✦ Unexplained injuries
- ✦ Lost or destroyed items
- ✦ Frequent illness
- ✦ Reluctance to attend school
- ✦ Changes in eating habits
- ✦ Self-destructive behaviors



# Being Cyberbullied

- Stops using technology
- Nervous when receiving texts
- Reluctance to attend school
- Avoids talking about computer work
- Abnormally withdrawn
- Sadness
- Threatens to hurt self or others



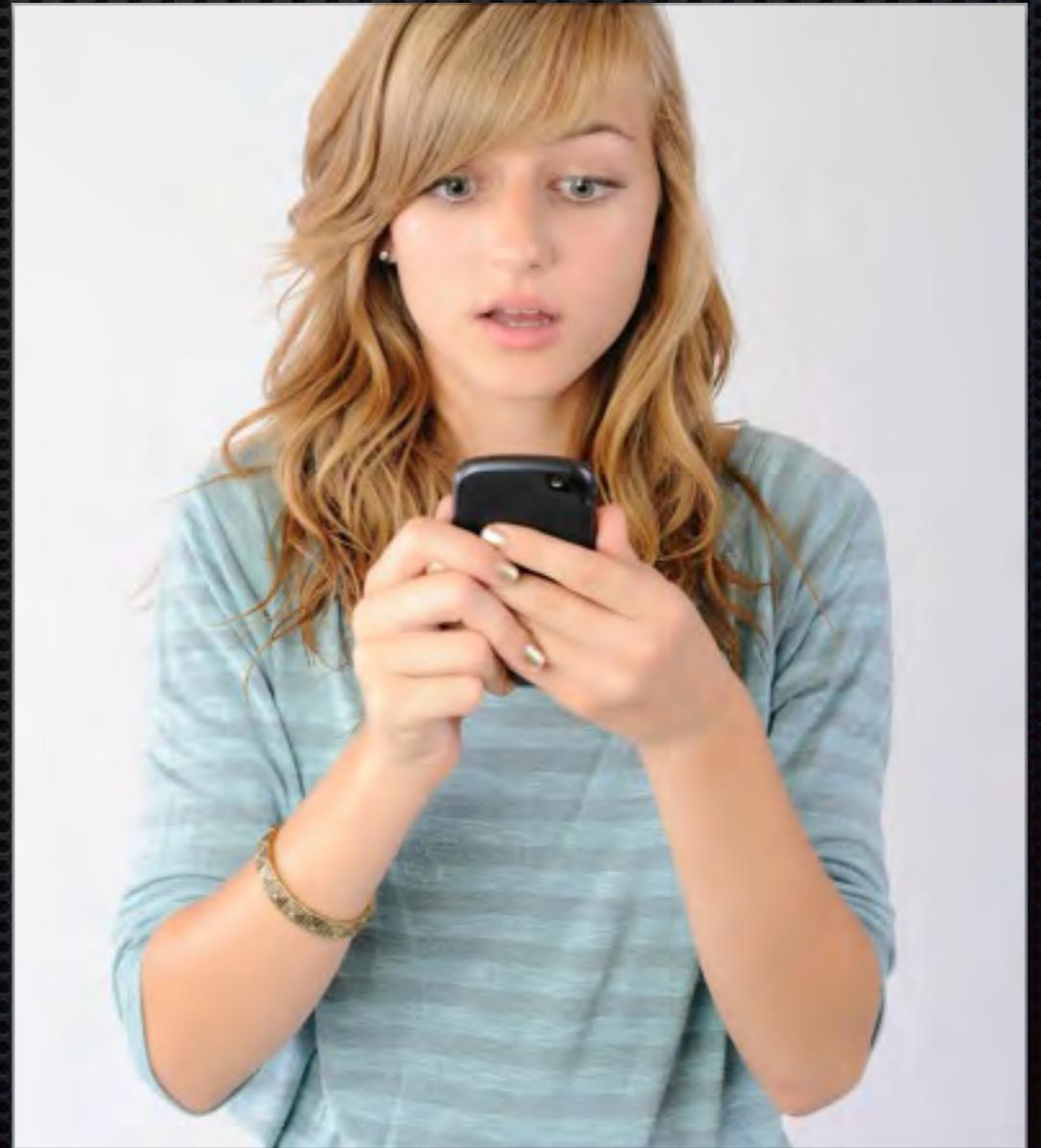
# Traditional Bullying

- Little concern for the feelings of others
- Aggressive behavior
- Unexplained objects or money
- Sees aggression as a way to solve problems
- Secretive about possessions or activities
- Interprets accidents as hostile or threatening acts



# Cyberbullying

- Quickly changes screens when an adult passes
- Uses computer at odd hours
- Unusually upset if unable to use computer or technology
- Laughs excessively when using technology
- Uses multiple accounts and usernames

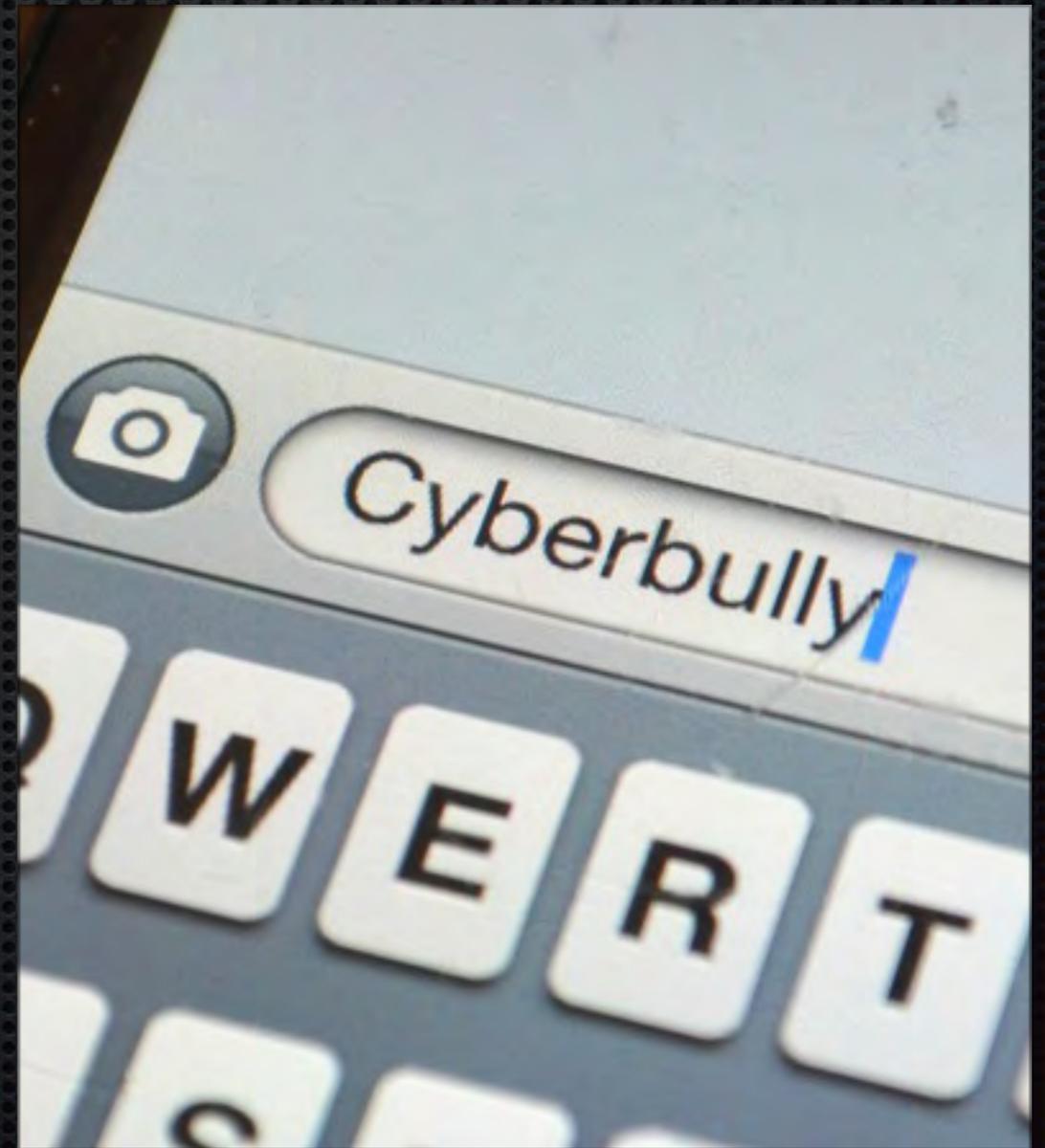


BUZZY  
FREE  
ZONE

How to stop it

# Students

- ✦ Don't respond
- ✦ Save the evidence
- ✦ Don't pass it around
- ✦ Be mindful of your own tone
- ✦ Get help
- ✦ Be a friend



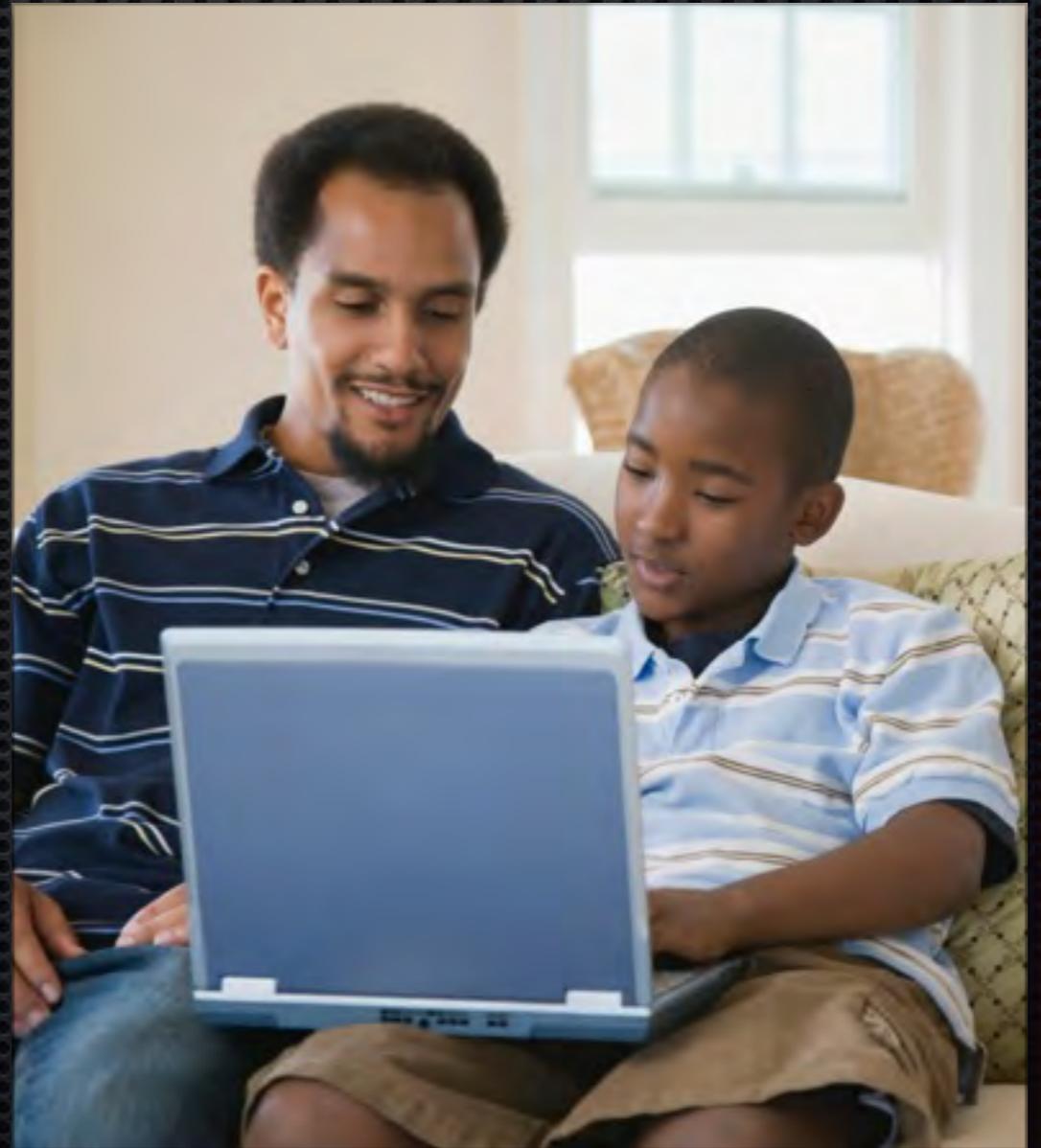
# Adults

- ✦ Know the sites and apps students are using
- ✦ Use parental controls
- ✦ Apply keylogger software
- ✦ Get access to their accounts



# Adults

- ✦ Perform random checks
- ✦ Talk with students
- ✦ Ask questions
- ✦ Be involved
- ✦ Adopt rules for technology usage



# If you see it happening...

- Intervene immediately
- Don't ignore it
- Respect privacy
- Treat threats seriously
- Report appropriately
- Get help
- Document the event



# How bad is the problem?

- ✦ 9% of youth using the Internet were the target of online harassment
- ✦ 32% report chronic harassment
- ✦ 45% know the aggressor

-American Academy of Pediatrics

- ✦ 70% of students report seeing frequent bullying online
- ✦ 81% think it is easier to get away with bullying online
- ✦ Girls are twice as likely to be victims and perpetrators of online bullying

[-dosomething.org](http://dosomething.org)

- ✦ Over 50% of students have been bullied
  - ✦ Over 25% have been bullied via their cell phone
- I Safe inc.



What is the role of Afterschool?

# Challenges

- ✦ Adequate supervision
- ✦ Adult interaction
- ✦ Behaviors can carry over from the school day



# Opportunities

- ✦ Integrated hands-on lessons provide structure
- ✦ Learn self-control, confidence, and resilience
- ✦ Develop new friendships with like-minded peers
- ✦ Separation from negative influences



# How is Afterschool uniquely qualified to prevent bullying?

- ✦ Cultivates a sense of community
- ✦ Fosters a strong network of friends



- ✦ Encourages pro-social behavior
- ✦ Provides opportunities for community service
- ✦ Boosts self-esteem
- ✦ Develops leadership skills



- ✦ Elevates parental awareness
- ✦ Creates a network of caring adults
- ✦ Fosters communication



# How your program can help

- ✦ Support anti-bullying campaigns in the school
- ✦ Create safe environments
- ✦ Learn the warning signs
- ✦ Investigate
- ✦ Communicate



# Resources

- ✦ [stopbullying.gov](http://stopbullying.gov)
- ✦ [erasebullying.ca](http://erasebullying.ca)
- ✦ [stopcyberbullying.org](http://stopcyberbullying.org)
- ✦ [commonsensemedia.org](http://commonsensemedia.org)





## How can we help?

[REQUEST ASSISTANCE](#)

### Welcome to the Illinois Quality Afterschool Program.

SEDL provides technical assistance and professional development to Illinois 21st Century Community Learning Centers (CCLCs). We hope you will take some time to explore the resources on our website—[workshop and conference archives](#), [webinar recordings](#), [newsletters](#), and [resource bulletins](#). Do you have a question about afterschool? Illinois 21st CCLC grantees can [request technical assistance](#) from the Illinois Quality Afterschool team or you can join our private Facebook group and ask other grantees for feedback.

Click here to view a [tour of the website](#).

#### Quick Links for Grantees

Our [calendar of Illinois 21st CCLC events](#), including webinars, conferences, workshops, and data reporting deadlines.

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#### Illinois Quality Afterschool Quarterly

The [Illinois Quality Afterschool Quarterly](#) is a resource for Illinois 21st CCLC professionals.

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#### Grantees

Click here for an online [interactive map of grantees](#) that provides information on grantee locations, number of sites, grantee type, and contact information.



#### Upcoming Events

- **January 29:** Professional Development Advisory Group Call
- **February 14:** Winter 2014 Resource Bulletin Release
- **February 19:** Webinar
- **February 26:** Special Topic Workshop: Sustainability

[View All Events >](#)

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