Cyberbullying and Cyber Safety: What you need to know

PRESENTED BY KATHERINE TRUJILLO
~ SPECIAL PROJECTS COORDINATOR & EDUCATIONAL CONSULTANT
Protecting our children is a priority.
Session objective:

- Participants will learn about Cyber bullying/cyber safety and how to share this information to their students, school community and families.

- The session will also review strategies on how to help youth understand the proper ways of using the internet as a tool versus causing themselves or others harm.

- Have tools and resources to create Digital citizenship in the classroom

- Resources and handouts will also be shared during this presentation. Future school presentation requests for students may done online at [https://www.nmag.gov/community-outreach.aspx](https://www.nmag.gov/community-outreach.aspx)
Collaboration Time:
Time to turn and talk to the members at your table

- In your tables share out what are the biggest concerns schools face with internet safety online?

Create a list of responses from your table
(10min collaboration before reporting out)

Time to share out......

Now lets learn more about the current dangers students face online with safety and cyberbullying.....
Cyber Bullying Statistics from 2019

To your point of view, on what communication tool is cyberbullying mainly occurring?

- Text messages: 24%
- Facebook: 23%
- Instagram: 21%
- Twitter: 14%
- Snapchat: 10%
- Emails: 3%
- Other: 5%

33% of respondents aged 18 to 24
15% of respondents aged 13 to 17 years old

Base: 506 online respondents aged 13 to 24 and representative of the general US population. Interviews between June 7th and June 8th.
What is Cyber Bullying?

Defined as:

- “willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.”
- referring to incidents where adolescents use technology to harass, threaten, humiliate, or otherwise hassle their peers or others.

EXAMPLES:

- What do you think would be a form of Cyber Bullying?
- LET’S TALK........
GAME TIME: What is Cyber Bullying?

- Sending insults or threats via text messaging or social media.
- Spreading rumors for the purpose of damaging a person’s reputation.
- Pretending to be someone you are not online.
- Posting a picture of your new car and bragging about it.
Where does cyberbullying commonly occur?

Online:
Cyberbullying occurs across a variety of venues and mediums in cyberspace,

- In the early 2000s, many kids hung out in chat rooms, and as a result that is where most harassment took place.

Social media:
Facebook, Instagram, Snapchat, TikTok/Musical.ly, Twitter,

Online Gaming with voice/text chat:
Roblox, League of Legends, Over watch, Player Unknown, Battlegrounds, Fortnite and videosharing

Streaming sites:
YouTube, SnapChat, Facebook live, Twitch, and Live.Me.
DING, DING, DING……
Negative effects that cyberbullying can have on a person:

Those who are targeted:

- Victims report feelings of Depression, sadness, anger, and frustration.
- Some felt hurt, both physically and mentally.
- Feeling scared and effected my confidence.
- Feeling sick and worthless to others.
- Afraid or embarrassed to go to school (leading to excessive absences).
See Something, Say Something—Don’t Stand By

- By actively standing up—in that moment or right afterward (support the targeted person, give encouragement, helping to block and report the harassment, saving digital evidence, and reaching out to an adult), it can make a difference & improving the situation.

- You may save a life!
Consequences of Cyberbullying

Not a Rite of Passage

In most states, bullying and cyberbullying are against school policy and state law.

At school:
- Not allowed to participate in certain school activities
- Suspension

Legally you may face charges:
- You could be criminally charged with harassment or stalking

Long-term implications:
- It could limit your ability to receive certain scholarships or secure certain jobs
Couple Charged with Cyber bullying
**Sexting**

*“Sexting” refers to youth sending sexually explicit messages or sexually explicit photos of themselves or others to their peers. Today, many teens are using cell phones, computers, web cams, digital cameras, and/or certain video game systems to take and distribute sexually explicit photographs of themselves or others.*

*NCMEC Net Smartz http://www.netsmartz411.org/NetSmartz411/KnowledgeDetail.aspx?id=401119*
What should you do?
No Taking It Back!

- Embarrassment
- Humiliation
- Loss of Relationships
- Bullying
- Objectification
- Depression
Cyber Safety: Internet ~ Social Media and Future Impacts

- Once something is sent out through internet it can not be completely deleted or vanish.
- Think of your current Social Media you have....
- What personal information is on it and who has access to it?
- Future employers use this as a reference and as your online resume
The TMI Epidemic
Don’t Trip Over Your Digital Footprint

Every like and post leaves a digital footprint.

A status update of 140 characters is all it takes to seriously offend others or damage your reputation.
Grooming, what can happen?
Grooming:
Definition: the action by a pedophile of preparing a child for a meeting, especially via an Internet chat room, with the intention of committing a sexual offense.

- Anyone can be a victim. Vulnerability is a common factor.
- Often starts with a friendship.
- Favors and promises are made to build trust.
- Secrecy.
- Difficult to distinguish from romance.
Internet Safety: What Parents Need to Know

7 questions to help you start a conversation with your child about online safety

1. Which apps/games are you using at the moment?

2. Which websites do you enjoy using and why?

3. How does the game/app work?

4. Do you have any online friends?

5. Do you know where to go for help?

6. Do you know your personal information?

7. Do you know your limits?

What parents need to know about

The App Store

Top Tips for Parents

https://nationalonlinesafety.com
Online Bullying, Sexting and Online Grooming

What children need to know about ONLINE BULLYING

What is online bullying?
ONLINE BULLYING - ALSO KNOWN AS CYBERBULLYING - IS BULLYING THAT HAPPENS ONLINE. THREATS OR BULLYING MESSAGES ARE SENDING THROUGH EMAIL OR MESSAGES ON SOCIAL MEDIA AND PHONE. IT CAN ALSO INCLUDE:
1. Sending mean or threatening comments, direct messages, or threatening images.
2. Making up false stories about someone.
3. Posting private information about someone online.
4. Excluding someone from online groups or events.
5. Creating fake social media accounts to mock or threaten someone.
6. Using technology to spy on someone.

What does it feel like to be bullied?
BULLYING CAN MAKE PEOPLE FEEL SCARED, ANGRY, OR FRUSTRATED. IT CAN ALSO MAKE PEOPLE FEEL DISCONNECTED OR ISOLATED.

Am I online bullying?
SOMETIMES IT'S HARD TO TELL WHAT YOU'RE DOING IS BULLYING. HERE ARE SOME THINGS TO LOOK FOR:
1. Sending mean or threatening comments, direct messages, or threatening images.
2. Making up false stories about someone.
3. Posting private information about someone online.
4. Excluding someone from online groups or events.
5. Creating fake social media accounts to mock or threaten someone.
6. Using technology to spy on someone.

BE KIND ONLINE
BEFORE POSTING TENDING TO COMMENTS, THINK ABOUT THESE THREE QUESTIONS:
1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEONE SAID THIS TO ME?

Top Tips for Parents

How do you prove it?
IF YOU THINK YOUR CHILD IS BEING BULLIED PERIODICALLY, IT'S IMPORTANT TO DOCUMENT WHAT HAPPENS AND TALK TO THEIR SCHOOL. HERE ARE SOME THINGS TO DO:
1. Take screenshots of any bullying messages or posts.
2. Keep a record of who sent the messages and when.
3. Talk to your child about what happened.

How can I stay safe?
MAKE SURE YOUR PRIVACY SETTINGS ARE SET TO PUBLIC. WHEN YOU POST ON SOCIAL MEDIA OR SHARE PHOTOS, MAKE SURE THEY ARE ONLY VIEWABLE BY PEOPLE YOU TRUST. THINK ABOUT THE INFORMATION YOU SHARE, SUCH AS WHERE YOU LIVE OR YOUR PHONE NUMBER.

What parents need to know about Sexting

BREAKING THE LAW
SEXTING CAN BE ILLEGAL, AND IT CAN LEAD TO CRIMINAL CHARGES.

REGENERATING THEIR ACTIONS
SEXTING CAN LEAD TO FURTHER BULLYING OR HARASSMENT.

SHARING
SEXTING CAN LEAD TO PERSONAL SHAME AND SELF-IMAGE ISSUES.

Bullying, coercion & blackmail
SEXTING CAN LEAD TO FINANCIAL LOSS AND LEGAL TROUBLE.

National Online Safety

www.nationaonline.com

Top Tips for Parents

Talk to your child about what they see online and what they are posting online. Explain the dangers of sexting and urge them to think before they post.

Explain the repercussions of sexting. Help your child understand the legal and social consequences of sexting.

Discuss the legalities of sexting. Help your child understand the potential legal consequences of sexting.

Blocking and stopping sexting. Encourage your child to block and delete inappropriate messages or photos.

Has your child received a sexual image? If so, help your child understand the importance of keeping it safe and confidential.

Check privacy settings. Make sure your child's social media privacy settings are set to private.

Look out for warning signs. Pay attention to any changes in your child's behavior that may indicate they are being affected by sexting.

Discuss healthy relationships. Teach your child about the importance of respect and consent in relationships.
Digital Citizenship
Resources for internet safety tips:

https://www.commonsensemedia.org/
https://www.commonsense.org/education/digital-citizenship
http://www.missingkids.com/home
https://www.kidsmartz.org/
https://www.netsmartz.org/Home
https://nationalonlinesafety.com/

Katherine Trujillo
Special Projects Coordinator
New Mexico Office of the Attorney General
201 Third St. N.W., Suite 300, Albuquerque NM, 87102
Office: 505.717.3513
Email: ktrujillo@nmag.gov
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Thank you
NM Office of the Attorney General
505-717-3500

IF YOU SEE SOMETHING, SAY SOMETHING