Cyber-bullying App Awareness
## Facts and Resources for Parents

Instagram

- Functions as a "digital diary" where users can share flattering photos of their lives and themselves with friends.
- Users can potentially share too much personal information, e.g. full name, age, gender, and contact information.
- Cyber-bullies can post cruel comments, embarrassing pictures, and harshly rate physical appearances.
- More than 9% of teen girls report being bullied on this app.

Facebook

- Users can post pictures and videos to their personal wall and like and comment on the posts of others.
- By default, anyone can send a friend request. This setting must be manually changed through the app's privacy settings.
- Can foster a "pile on" mentality in regard to cyber-bullying through aggressive comments.
- Fake profiles can be created to more easily facilitate cyber-bullying.
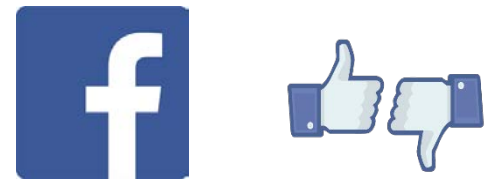
Twitter
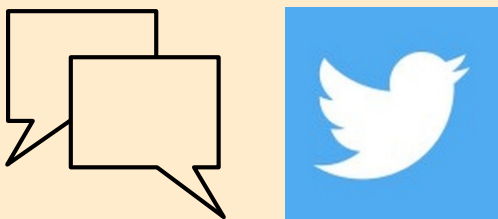
- Functions as a micro-blog, with posts up to 280 characters.
- Tweets immediately appear on the user's homepage, their followers' pages, and can also be searched for online.
- Tweets cannot be edited, but can be deleted. However, before deletion, posts can be saved by others and distributed.
- Cyber-bullies can post abusive responses to the user's original tweets, and use hurtful hashtags and negative re-tweets.

Snapchat

- Users "snap" a photo or video and can then add text or filters.
- Senders choose to whom they will send the message and for how long it will be displayed.
- Once the message is viewed, it is deleted. However, a screenshot of the message can be saved permanently.
- Cyber-bullies often use this app, as it is difficult to document hurtful messages due to their short lifespan.
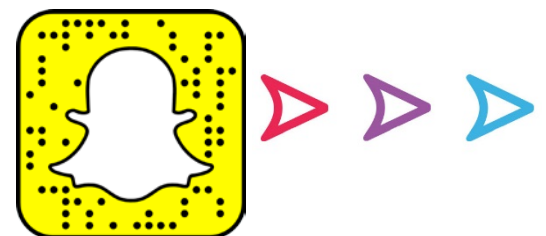
Tumblr
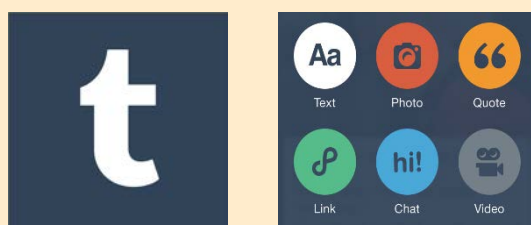
- Functions as blogging platform, with the ability to "re-blog" content from others.
- Teens can interact with a community of others who share their interests. However, literally anyone with an internet connection can be part of these communities.
- All posts are made public unless privacy settings are changed.
- Mature content is *very* easy to find and difficult to restrict.
- Users can block and report others' inappropriate behaviors, but those that you block can still see your public posts.

#ThroughTheirEyes

hcflgov.net/bullyfreehillsborough

Facebook:
@ThroughTheirEyes813

BULLY FREE COMMUNITIES

Cyber-bullying
Facts and Resources for Parents
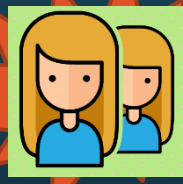
WHAT IS CYBER-BULLYING?

- Cyber-bullying is bullying that takes place using electronic technology.

- This can include devices and equipment like cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

- Examples can include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

FACTS AND STATISTICS

25% of teens have experienced repeated bullying on their phones and the internet.

Girls are 2x as likely to be the victim AND perpetrator of cyber-bullying.

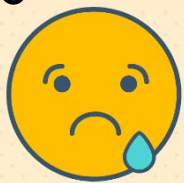**Cyber-bullying can happen 24 hours a day, 7 days a week.**

Only 1 in 10 victims will report their abuse to a parent or trusted adult.

70% of students report seeing frequent bullying online.

EFFECTS OF CYBER-BULLYING

Increased rates of depression and anxiety.

Decreased academic achievement.

Increased chance of skipping or missing school.

- The effects of cyber-bullying can be severe. As this form of bullying can happen anywhere and at any time, it is very difficult to get away from.

- Victims often report low self esteem and increased feelings of depression or anxiety.

- Perpetrators of cyber-bullying are also at higher risk for abusing alcohol and tobacco and for engaging in other forms of abuse.

HOW PARENTS CAN HELP

BLAME

Make it clear that your kids won't be blamed if they are the victim of cyber-bullying and that you will not take away their computer privileges.

SMH
LOL
IMO
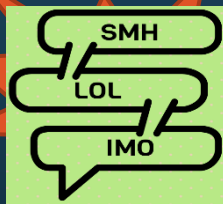
Familiarize yourself with a list of commonly used online acronyms.

Learn how various social media apps work and ask your kids to show you their profiles.

Cyber-bullying can be very difficult to prove. If your child is a victim, do not respond to any hurtful comments. However, it can be helpful to print out the comments as proof.

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