

MISTRESSES AND MASTERS OF MEAN: CYBER BULLYING AND RELATIONAL AGGRESSION WORKSHOP

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Bullying

- Bullying is an aggressive form of behavior
- It is intentional and may be physical, verbal or nonverbal
- There is an imbalance of power, such that the person who is targeted has difficulty defending himself or herself.
- The behavior is repeated or severe, causing distress or disruption in the target's life.

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Cyberbullying

Cyberbullying is a specific form of bullying that involves technology. It is deliberate and repeated harm inflicted through the use of

- Computers (Facebook, etc.)
- Cell phones (text messages, calling, pictures)
- Gaming devices (XBox 360™, PS3™, etc.)
- Social Media (Facebook™, Instagram™, Snapchat™, etc.)
- The likelihood of repeated cyberbullying is elevated due to the ease of accessing the damaging pictures, messages, information, etc.

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Olweus Bullying Cycle

©Olweus Bullying Prevention Group 2004 Teacher's handbook

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Categories of Cyberbullying

- Flaming- sending cruel or explicit messages to a person or persons, online fighting
- Harassment- repeatedly sending damaging messages
- Cyber-stalking- repeatedly sending messages that are threatening or intimidating; engaging in digital contact that frightens the recipient
- Denigration- sending or posting cruel gossip or rumors with the intent of damaging a person's reputation
- Impersonation- posing as somebody in order to manipulate their identity

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Categories of Cyberbullying

- Outing and Trickery- sharing someone's personal information, such as secrets or embarrassing material. Tricking someone into revealing secrets or embarrassing information and then posting the information online.
- Exclusion- intentionally excluding someone from an online group or "unfriending" someone.

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Cyber Footprints

"Each time the Internet is accessed, an IP (Internet Protocol) address is established. The 12 numerals punctuated by the 3 periods is the electronic fingerprint that can be accessed by the authorities to trace all electronic communications between computers and/or mobile phones. No computer or mobile phone-or it's user- is really anonymous in Cyberspace."

*Quoted note by Mark Frank, State of Indiana at Wilkes Park Charter School, PA
Edmunds@Edmunds (2 Aug. 2008)

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What To Do If You or Your Child Is A Victim of Cyberbullying

Cyberbullying

- Ignore the bully- block or filter any further communications
- Avoid going to the site or group where the bullying takes place
- Change email address, account, username, or phone number
- File a complaint: contact the ISP "contact us" email address, trace the phone number
- Save all information (make copies)
- Contact the cyberbully's parents with a copy of the information and request their help to make the behavior stop
- Contact the police

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Keeping Kids Safe Online

- Limit time spent on the computer
- Keep the computer in a central location
- Learn enough about computers to enjoy them with your kids
- Teach youth never to meet an online friend offline unless you are with them
- Observe your children when they are online
- Don't overreact when children come to you with questions concerning their online behavior. (establish good communication)
- Keep kids out of chat rooms and real time conversations unless they are monitored

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Keeping Kids Safe Online

- Talk about what they like to do online
- Create rules with your child and agree to follow them
- Teach your child what information is acceptable to share with others
- Know who their online friends are or get to know them
- Warn them about people posing as someone they are not

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Societal View of Females

- Thin
- Pretty
- Tough

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Relational Aggression

- Affects social standing or status
- Examples include; shunning, hazing, spreading rumors, excluding others, teasing
- Males and females engage in relational aggression

Excerpt: *What Would You Do?*
Taking on Mean Girls. (6min.)

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Bullies on TV

- Sam Puckett, iCarly
- Reality TV- (Big Brother, Survivor, The Bachelor, etc.)
"shaming and bullying," pushing girls in particular to respond aggressively to threats or relationship problems
- "Barbie Bitches" Syndrome- elevating girl-violence, while working towards balancing desires to be attractive with being tough and mean.
girl-violence has its own new way of catering to its victim, as experts say, that this new gang-like mentality among schoolgirls is on a rise, in which a popular "queen bee" uses friends to bully or hurt others to reinforce her power.

<http://www.abcnews.com/pressroom/2011/07/11/bullying-reality-tv-teenage-bullying-10932942.html>

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Aggression in Elementary School

- Impulse control
- Confrontation
- Physical aggression
- Shunning, ostracizing, defaming, ignoring, banishing, etc.
- Fourth-grade aggression will often lead to future aggressive behaviors

*NC State University: Cooperative Extension-Karen DeWard, Child Development Specialist, Dept. of Family and Consumer Sciences: "Childhood Aggression: What does it mean? How can it be managed?"

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Aggression in Middle and High School

- Oppressive environment
- Social disorganization
- Threatening situations
- Built-up anger
- Peer influence

*NC State University: Cooperative Extension-Karen DeWard, Child Development Specialist, Dept. of Family and Consumer Sciences: "Childhood Aggression: What does it mean? How can it be managed?"

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Bullying Related Crimes

- Potential Crimes:
 - Assault Sexual Assault
 - Stalking Harassment
 - Harassment by Communication
 - Possession/Distribution of child pornography
- Civil Issues:
 - Slander Libel (written slander)
 - Defamation (negative impression)
 - Discrimination Harassment/Sexual Harassment
 - Civil Redress (victims of ethnic intimidation)

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Managing Aggressive Behaviors

- School-wide bullying program
- Time- cool off, take a break, regroup
- Safe Setting- for negative feelings to be expressed
- Support groups- activities and support, such as anger management
- Empathy- stories, teaching strategies that encourage reflection
- Connecting- mentoring, responsibility
- Clear and consistent boundaries

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Innovative Strategies for Unleashing Difficult Adolescents: R. Eason, T. Carr, K. Cooper, R. Miles, T. Toner

Managing Aggressive Behaviors

- Matter-of-Fact Approach
- Escape Passes
- Redirection List
- Manipulatives
- Teach Self-Talk
- Getting the Last Word
- Realistic Feedback
- Empathic Assertion

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If Your Child Bullies Others

- ❑ Discuss the bullying behavior and set clear rules at home.
- ❑ Talk with your child, listen objectively to their account and explain what you have heard. Reinforce the seriousness of the behavior and stress that it will not be tolerated.
- ❑ Understand bullying policies that affect your child.
- ❑ Help your child connect with peers who demonstrate positive behaviors.
- ❑ Model the behavior you expect from your child.

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If Your Child is the Target

- ❑ Be proactive.
- ❑ Know the bullying policies.
- ❑ Communicate with the adults that are supervising.
- ❑ Talk with your child.
- ❑ Document and report continued bullying.
- ❑ If your child talks about suicide or seems unusually upset, seek help immediately.

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If You Suspect Your Child Is Being Bullied

- ❑ Do not blame your child.
- ❑ Do not tell your child to ignore it.
- ❑ Do not tell a child to retaliate.
- ❑ Do not expect your child to work it out alone.
- ❑ Do not allow mediation, if the child is reluctant or a parent or trusted adult is not present.
- ❑ Do not demand apologies

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What to Do If Cyberbullying Occurs

- ❑ Don't respond
- ❑ Save the evidence
- ❑ Instruct youth to tell an adult
- ❑ Possibly notify police
- ❑ Contact technology host
- ❑ Contact school

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Getting Bullying to Stop

- ❑ **Most Helpful**
 - ❑ Told an adult at home.
 - ❑ Told a friend.
 - ❑ Made a joke about it.
 - ❑ Told an adult at school.
 - ❑ Reminded myself that it was not my fault.

Least Helpful

- Hit or fought back.
- Made a plan to get back at them.
- Told the person to stop.
- Did nothing (Ignored it).
- Told them how I felt.

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Role of Bystanders Continuum of Courage

(Low to High Rate of Courage)

- ❑ Don't support the bullying behavior
- ❑ Choose not to repeat the rumors/gossip
- ❑ Support the target in private
- ❑ Alert an adult
- ❑ Talk to the bully privately
- ❑ Support target in front of the bully
- ❑ Confront the bully

PA Bullying Prevention Toolkit, Highmark Foundation, Center for Safe Schools 2012, Adapted from Eddie A. Vitousek, Helping Your Children through the Schoolyard Battlefield, Free, S. & Free, P, 1996, New York, NY McGraw-Hill

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