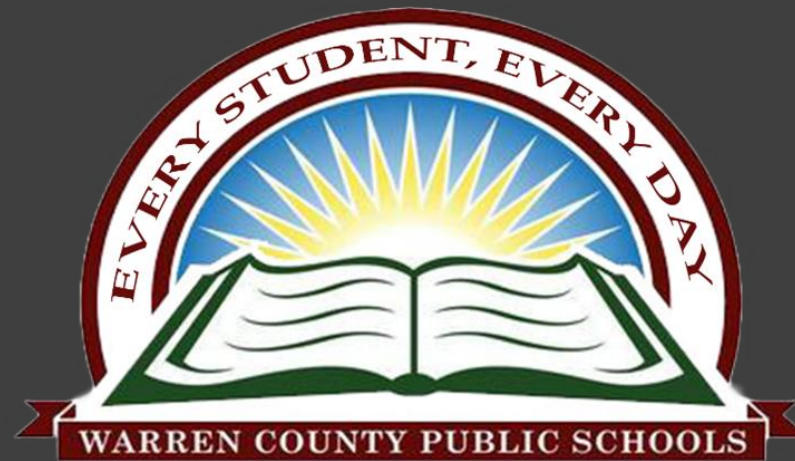
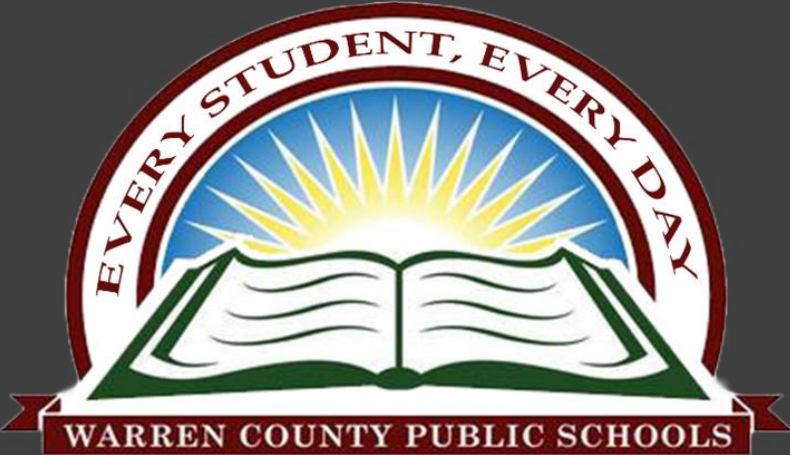


Welcome!!
Warren County
Parents &
Community



Sheriff Mark Butler

Warren County Sheriff's
Office



Cyberbullying Forum

Presented by:

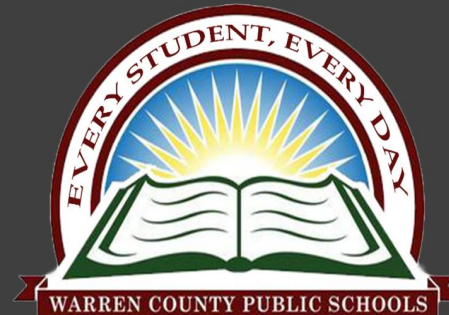
Warren County Sheriff's Office and Warren
County Public Schools



What is bullying?

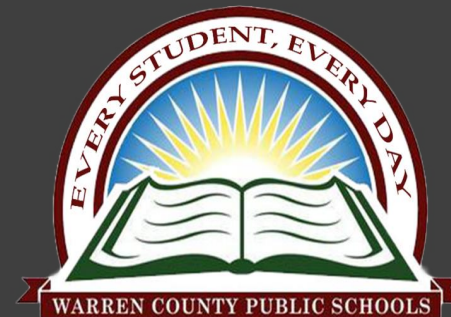
Bullying is any *unwanted aggressive behavior(s)* by another youth or group of youths... that involves an *observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated*. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm.

- Bullying may be physical, verbal, emotional or sexual in nature.



What is bullying?

- **Physical bullying:** punching, poking, strangling, beating, biting, and excessive tickling.
- **Verbal bullying:** such acts as hurtful name calling, teasing, and gossip.
- **Emotional bullying:** behaviors such as rejecting, extorting, humiliating, blackmailing, rating/ranking of personal characteristics, manipulating friendships, isolating, ostracizing, and peer pressure.

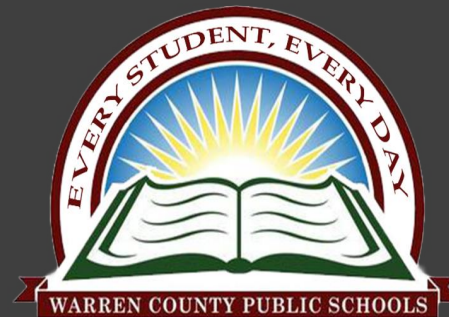


Cyberbullying

Cyberbullying, sometimes referred to as electronic bullying, can involve:

- Sending mean, vulgar, or threatening messages or images
- Posting sensitive, private information about another person
- Pretending to be someone else in order to make that person look bad
- Intentionally excluding someone from an online group.

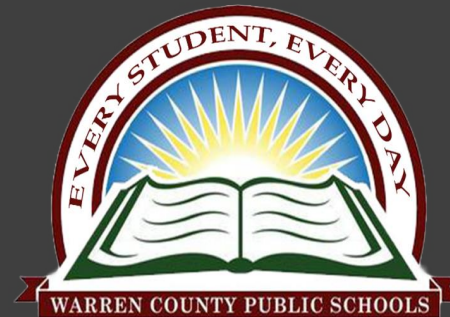
Cyberbullying can be done on social media, e-mail, instant messaging, text or digital imaging messages sent on cell phones, web pages, social media applications, and online gaming.



Cyberbullying and Criminal Behavior

The definition of bullying in the *Code of Virginia* is “any aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim; involves a real or perceived power imbalance between the aggressor or aggressors and victim; and is repeated over time or causes severe emotional trauma. ‘Bullying’ includes cyber bullying. ‘Bullying’ does not include ordinary teasing, horseplay, argument, or peer conflict.” (*Code of Virginia* § 22.1-276.01(A))

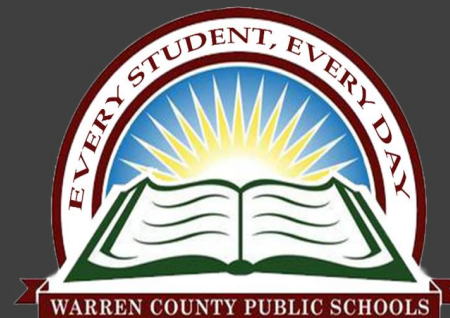
Code of Virginia § 18.2152.7:1. **Harassment by Computer; penalty.** *If any person, with the intent to coerce, intimidate, or harass any person, shall use a computer or computer network to communicate **obscene, vulgar, profane, lewd, lascivious, or indecent language, or make any suggestion or proposal of an obscene nature, or threaten any illegal or immoral act, shall be guilty of a Class 1 misdemeanor.***



Criminal Acts Associated with Cyberbullying

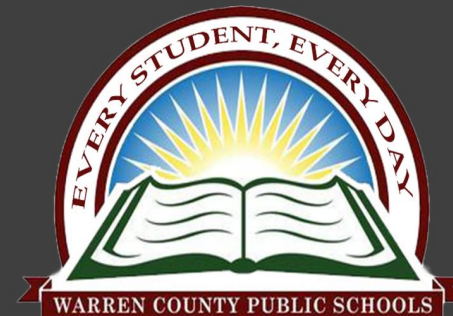
These criminal acts are most often associated with bullying:

- **Threat:** A communication that threatens to kill or do bodily injury to a person or any member of his or her family and places the person in reasonable fear of death or bodily injury.
- **Harassment:** To repeatedly annoy or attack a person or group in such a way as to cause anxiety or fear for safety. Several different types of harassment are against Virginia law.
- **Extortion:** Obtaining property or money from another person by using or threatening to use violence or other criminal means to cause harm to a person, their reputation, or their property.



Criminal Acts Associated with Cyberbullying, cont.

- **Assault and battery:** Use of force against another, resulting in a harmful or offensive contact.
- **Robbery:** The taking, with intent to steal, of the personal property of another, from his or her person or in his or her presence, against his or her will, by violence or intimidation.
- **Hazing:** To recklessly or intentionally endanger the health or safety of a student or to inflict bodily injury on a student in connection with admission into a group.



Modes and Types of Cyberbullying

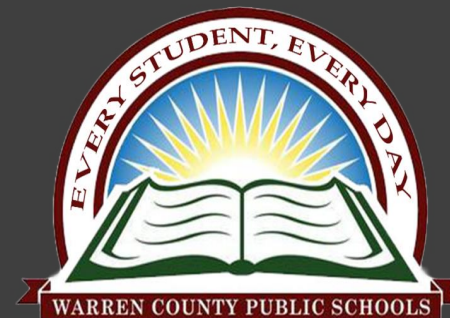
Modes of Bullying

Direct Bullying:

- Aggressive behaviors occur in the presence of the targeted youth.
- *Examples:* face-to-face interactions (pushing, hitting), direct harmful written or verbal communication

Indirect Bullying:

- Aggressive behaviors are not directly communicated to the youth.
- *Examples:* spreading rumors, telling others to exclude.



Modes and Types of Cyberbullying

Types of Bullying

Physical:

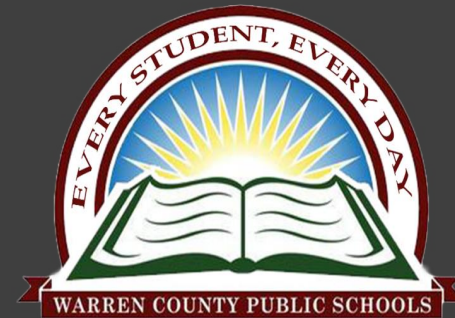
- *Examples:* hitting, kicking, punching, spitting, tripping, pushing.

Verbal:

- *Examples:* taunting, name-calling, threatening, sexual comments.

Relational: designed to harm reputation and relationships

- *Examples:* social isolation, spreading rumors, posting embarrassing images



Effects on Bullied Youth

Being bullied is associated with:

Internalizing problems

- Depression, anxiety, panic disorder, self-harm, suicidal thoughts and attempts.

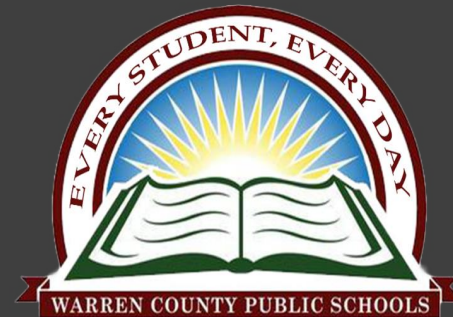
Psychosomatic problems:

- Headaches, stomach pain, sleeping problems, poor appetite

Academic problems:

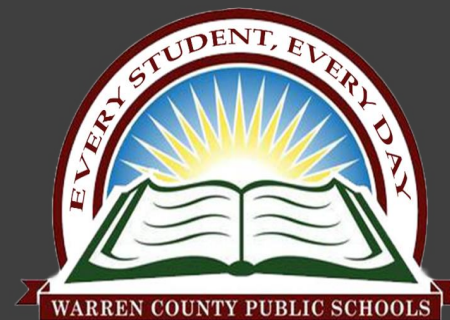
- Grades may suffer because attention is drawn away from learning, absenteeism, truancy, or dropping out.

Externalizing Behavior



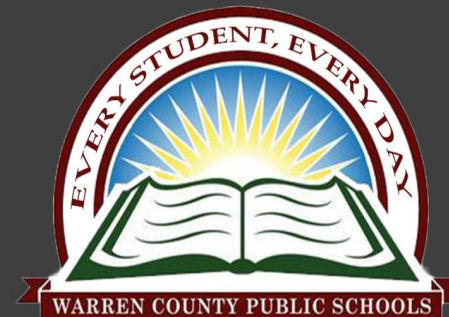
Effects on Bystanders

- May be afraid to associate with the victim for fear of lowering their own status or for fear of retribution from the bully and becoming victims themselves.
- May fear reporting bullying incidents because they do not want to be called a “snitch.”
- May experience feelings of guilt or helplessness for not standing up to the bully on behalf of their classmate.



Effects on the bullies themselves

- Studies have found that bullying in childhood may be an early sign of the development of violent tendencies, delinquency, and criminality.
- One study found that boys identified as bullies in middle school were four times as likely as their non-bullying classmates to have three or more criminal convictions by age 24.



Cyberbullying Facts

WHAT is cyberbullying?

Cyberbullying is bullying that takes place using **electronic technology**, such as chat rooms, instant messaging, social media, or other forms of digital electronic communication¹. With apps and technology changing all the time, unfortunately some will use them as new ways to bully.

Places Where Cyberbullying Occurs



1 in 5 Girls are cyberbullied⁴

1 in 10 Boys are cyberbullied⁴

HOW

are kids cyberbullied?⁵

Mean or hurtful comments online 23%

Rumors online 20%

Posted mean names or comments online about me with a sexual meaning 13%

Threatened or hurt me online 12%

Threatened to hurt me through a cell phone text 12%

Posted a mean or hurtful picture of me online 11%

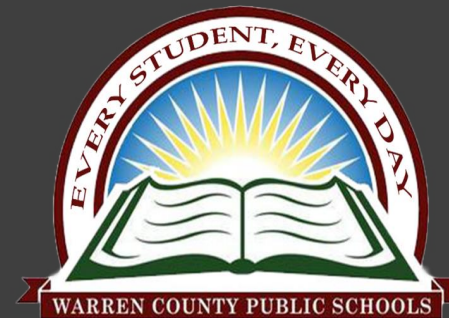
HOW

is cyberbullying different from other types of bullying?

- Permanence of Digital information
- Harder to Notice
- Immediate and Persistent



Top 5 Most Dangerous Apps for Kids

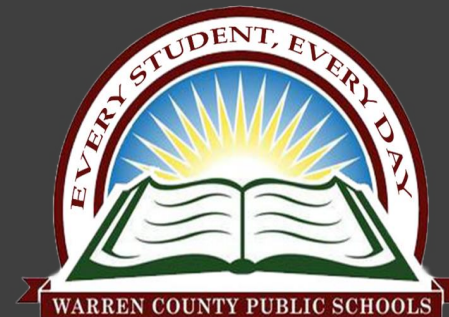


TikTok Guide to Family Pairing

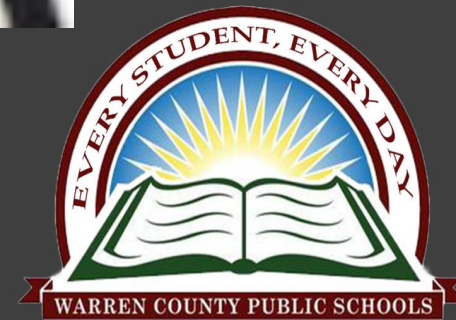


Features:

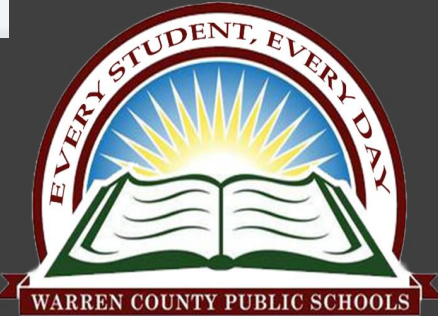
- Private account
- Comment on Videos
- Direct Messages
- Search
- Screen Time Management
- Restricted Mode



Snapchat Guide to Parental Control



Instagram Guide to Parental Control



Chris Ballenger
Ed.D

Superintendent, Warren
County Public Schools





Bullying/ Cyber Bullying

Warren County Public Schools
Counseling Perspective

We know bullying is...

- Unwanted
- Aggressive
- Repeated behavior
- Power Imbalance



Cyberbullying is also...

- Unwanted
- Aggressive
- Repeated behavior
- Power Imbalance

Cyberbullying



The Difference...

- In person bullying stops at the end of the day
- Cyberbullying continues around the clock, anywhere you go, ALL of the time

[Image link](#)

Common Cyberbullying Tactics...



- Posting mean, hurtful, or embarrassing rumors about someone online.
- Threatening to hurt someone or telling them to kill themselves.
- Posting a mean or hurtful picture or video.
- Pretending to be someone else online in order to post personal or false information about someone else.
- Posting mean names, comments, or content about any race, religion, ethnicity, or other personal characteristics online.
- Creating a mean or hurtful webpage about someone.
- Doxing is used to threaten and destroy individuals' privacy by making their personal information public...

ALL Bullying is Harmful to Kids

“Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide.”

<https://www.stopbullying.gov/bullying/effects>

Kids Who Are Bullied Are More Likely to have...

- **Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy.**
- **Health complaints**
- **More likely to miss, skip, or drop out of school.**

- <https://www.stopbullying.gov/bullying/effects>

<https://www.charliehealth.com/post/my-child-has-expressed-suicidal-thoughts-what-should-i-do> Image Link



Kids Who Bully Others Are More Likely to...

- Abuse alcohol and other drugs in adolescence and as adults
- Get into fights, vandalize property, and drop out of school
- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their romantic partners, spouses, or children as adults



Kids Who Witness Bullying...

- Have increased use of tobacco, alcohol, or other drugs
- Have increased mental health problems, including depression and anxiety
- Miss or skip school

In EVERY Case...



It is hurtful to EVERYONE. It destroys a positive place for kids to come together and learn. It erodes kids' physical and emotional sense of safety and worthiness.

What Do We Say
to Kids?

You matter

No one **EVER** deserves to be bullied. It is **NEVER** their fault. If someone is being bullied, they have a **RIGHT** to be safe.

A close-up photograph of a person's hand in a blue denim shirt placing a red wooden block on top of a row of other wooden blocks. The blocks are arranged in a line on a wooden surface. To the left, several blocks are already falling over, while the red block is being placed on the one that remains upright. The background is blurred, showing the person's torso and arms.

Be an UPSTANDER, not a Bystander...

A “bystander” just sits by and watches it happen to someone.

An “upstander” can make a huge impact by intervening on behalf of someone being bullied. Be an UPstander.

[Image link](#)

Bystander Mistakes...



- See bullying but don't say anything to help the victim (online, too)
- Believing rumors about the victim without real proof (even fake online accounts are used to set victims up)
- Cheer bullying on (giving bullies more power)
- Record bullying and post it (re-victimizing the victim, turning themselves into "bullies," creating disciplinary consequences for themselves)

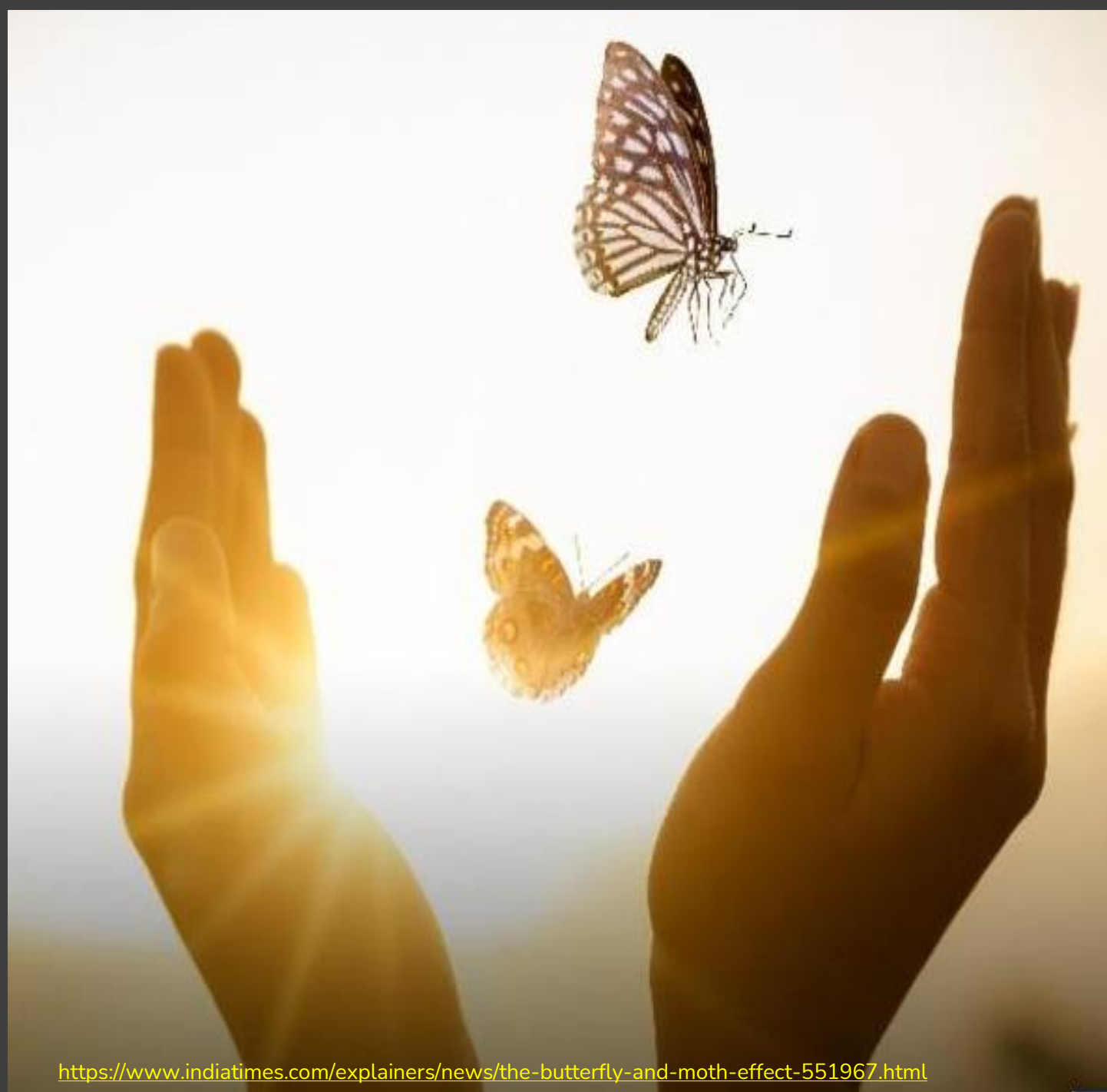
How To Be an Upstander...

- Walk away if someone is trying to humiliate someone else (take away attention).
- Don't respond to someone who is trying to provoke you (it escalates things).
- If someone is trying to provoke you through social media, do not respond. **Block them.**
- Do not make screenshots and share with other kids.
- Tell a responsible adult that it is happening.
- Do not spread rumors about others.
- Do not accept or share texts or posts that are mean to other people.
- Do not accept or share videos of meanness, including humiliating or fighting others (Causes more harm to the victim. Causes more consequences for you).



When You Are Kind...

- Increases your confidence
- Increases your happiness
- Gives you better quality friends
- Improves the lives of others, helping you too
- Improves people's opinions of you, making you a role model and a leader
- Opens more doors for your future
- Improves your community



Building Resilience as a Defense...

Students are still developing healthy levels of resilience. This skill helps kids to be able to let some comments “roll off” of them, rather than derail them.

How to Stop a Bully



<https://www.stopbullying.gov/cyberbullying/how-to-deal-with-haters> Photo link

Photo: Melanie Hobson/EyeEm/Getty Images

How to Reduce Bullying at School...

- **Empower students to be Upstanders**
- **Help students to develop Resilience**
- **Create a “Kindness” Culture**
- **Report bullying concerns to school administrators and/or counselors so that we can respond swiftly and appropriately**
- **Trust that we are addressing it and communicate with us if you feel it is not being addressed**
- **Don’t post your child’s bullying situation online (it only escalates the drama and creates more potential bullying for victims)**



Ways We Try to Improve the School Climate...

- **Bully Awareness and Prevention Activities**
- **Help Students with Individual Concerns (mediations, referrals, interventions, groups,..)**
- **Increase Kindness through Kindness Initiatives (Kindness Week, Kindness Cards,..)**
- **PBIS Activities/Rewards**
- **Model Kindness and Respectful Behaviors**
- **Growth Concept**



How We Together Can Help Our Kids...

- Follow the Upstander behaviors, ourselves
- Model positive behaviors towards others, even when we are tired
- Model positive online behaviors
- Keep communicating with our kids, school, and parents
- Model resilience for our kids (think -Taylor Swift)
- Monitor our kids' phones and other device usage

Resources for Parents...

<https://www.stopbullying.gov/cyberbullying/what-is-it>

<https://truesport.org/trending/raise-upstanders-not-bystanders/>

<https://www.verywellfamily.com/how-to-prevent-cyberbullying-5113808>

Contact your child's school counselor, if you have any questions or concerns

Special Thanks to...

Krystina Sasser, Skyline Middle School Counselor

**Heather Sluss, Warren County Middle School
Counselor**

Cassandra Gahn, Skyline High School Counselor

SHAKE IT OFF

TAYLOR SWIFT