

PARENT EDUCATION NIGHT
INTERNET AND CYBER SAFETY

DECEMBER 3, 2015



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Cyberbullying and social network behavior
A big question - Who sets the rules of conduct for the behavior?

Average 18-24 year olds send 3753 texts on the average per month.
Thus their experiences as teenagers is very different from their parents.

Teens post a lot of personal information about themselves. Name, school name, city where they live, email address, cell phone number – predators look for that information – talk to your kids about what is appropriate to post online.

Social networks – the terms “mean behavior” and “cyberbullying” is interchangeable

Relationship between school and cyberbullying. If someone is being bullied at school, higher chance of being cyber bullied.

Kids need to understand the legal consequences to posting things on line. There can be legal consequences to threatening online – aggregated stalking.

Be aware of things like Instagram beauty pageants – kids as young as 12 posting pictures of themselves and asking others to rate based on appearance. They tabulate the votes and if they don't get enough votes they put a big X across their face. This is causing severe emotional issues with teenagers.

Comments made on line have a cognitive and formation effect on child. When posting on line, they need to be aware of how it emotionally effects who they are posting about.

Adolescents think that they can post as “anonymous” – once you post it, you can't get back to them. IP addresses can be traced back to the user.

If you kids have access to any technology, be aware of new apps that are popping up all of the time. Need to monitor and be aware and up on the current apps your children are using.

When teens were asked about bullying on line:
95% of teens have seen bullying on line
85% of teens have seen people defend the bullying
84% of teens saw others tell them to stop the behavior
90% of teens say they ignore the behavior
80% of teens said they would defend someone on line
20% of teens say they have joined in on the cruelty

44% of kids lie about their age to gain access to a website.
Make sure and discuss with your children the importance of not sharing passwords with others.

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Characteristics of “cyberbully”

- There is an intent to harm
- There is a power imbalance
- There is repetition of harmful behavior
- The victim can’t hide from the bully at home when it is on the internet
- Their audience is potentially large
- They think they are anonymous
- The “bully” may not have opportunity for empathy or to show remorse
- By-standers may feel they do not need to intervene
- The “bully” lacks opportunity to show abusive power immediately or get reinforcement immediately

Bullying and cyberbullying

This has been shown to be due in part to lack of supervision at home.
There could be some trigger that often starts at school.

Social acceptance – if increases social status, then kids might think it is okay to do it.

Violent games and cyberbullying? People can become desensitized to it. Violent games can increase aggressive thoughts after playing the violent games.

High school students were more likely to justify their real life immoral actions if they played violent video games.

Bullies 4x as likely to play violent videogames.

Reality TV – adolescents who watch reality TV have a higher level of social aggression. (relational aggression)

Be aware of what kids are doing - check Facebook, email, all social network.

It all starts at home:

- teach your child appropriate internet behavior
- Make sure you children have age appropriate devices
- Be aware when your child is on social network sites
- Limit use of hand held devices – alternative desktop or home computer that can be monitored. Limit unsupervised time on devices.
- Monitor all websites your child uses
- Know all of their usernames and passwords
- Replace wireless handheld devices with MP3 player – do they need to have internet access?

Discuss the long term impact of posting things on social network sites.

Help your child develop moral compassion for others

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Tweens spend about 3-4 hours per day on their hand held devices. Keep school work on a separate device – need to set limits – there are apps you can get to set limit for how long they can be online.

Questions asked:

In early elementary grades – how do you educate people for when they do have social media?
Develop the foundation at a young age- cause and effect – use other situations to cause empathy and compassion (i.e. animals)

Make sure and discuss the importance of keeping passwords private. No matter what it is – razzkids, anything. Keep communication open with your children.

Anonymity – when people are in the large group they feel safe to do things they wouldn't normally do. Need to be aware of consequences.

If you would like to watch one of David Sattler's presentations, you can watch at the following link on youtube:

<https://www.youtube.com/watch?v=JUhStxJvXtk>

Submitted,

Heather Calloway