

Sticks'n'Stones IO3

Topic 7: Platforms for cyberbullying - which platforms are the worst offenders



Introduction

Bullying in schools is every parent's worst fear. They may fear that their child is being bullied, that their child is bullying others, or that their child is witnessing bullying happening around them. All parents want the security of knowing that school is a safe place for their children, a place where they can not only learn, but build new friendships and create lasting memories. Unfortunately, the end of bullying is still not in sight, and it still threatens the wellbeing of children around the world.

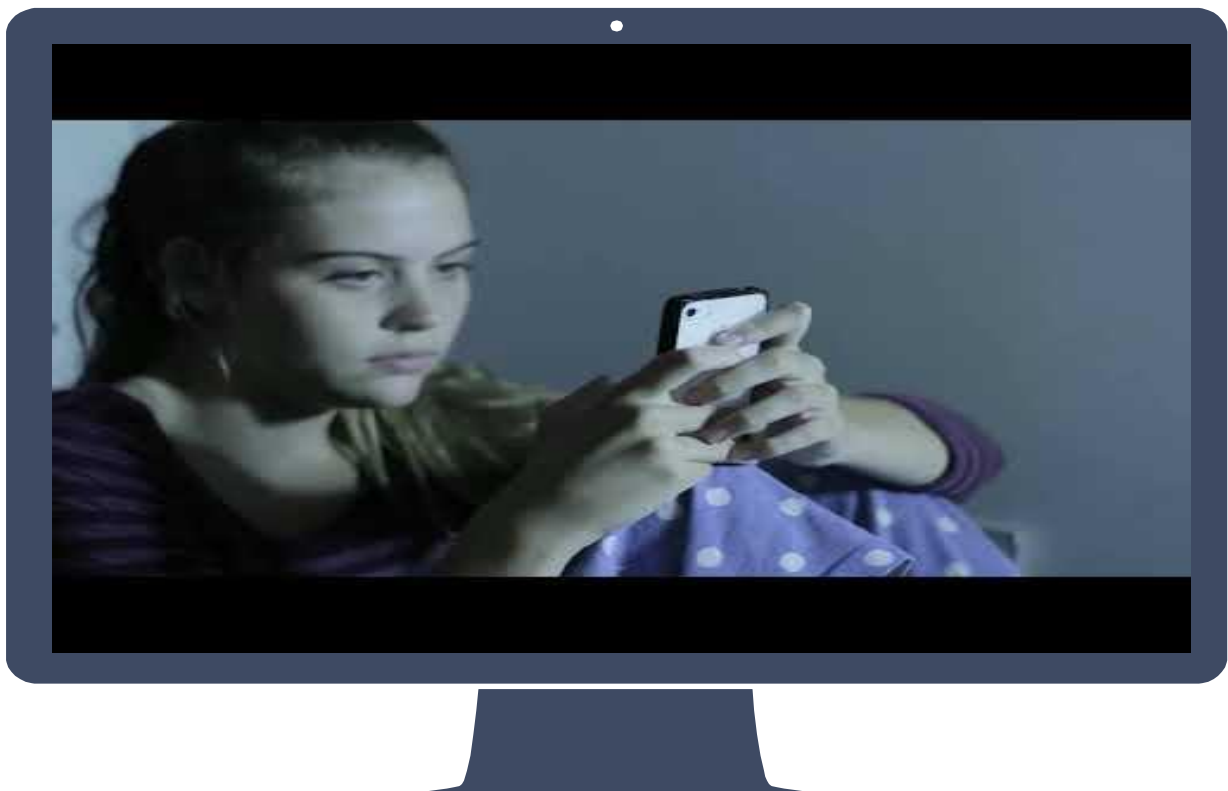
These digital resources have been developed to support you, as a parent, to address the topic of bullying with your child.

Topic Addressed

Topic: Platforms for cyberbullying: which platforms are the worst offenders

Educational Video

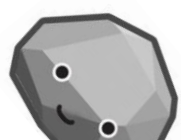
Here is a Link to YouTube video introducing the topic of "Platforms for cyberbullying: which platforms are the worst offenders": <https://youtu.be/JnoH85Pzny8>



Self-help Exercise

Topic Addressed (7 of the 12): Platforms for cyberbullying: Which platforms are the worst offenders

Exercise Title	Social Media Platforms		
Duration of Activity	20 min	Materials Needed	paper, pen
Introduction	<p>Sometimes it is hard to recognize if your child is being cyberbullied or not. This short exercise should help you recognize signs of cyberbullying, and to get more information about platforms that children are using. This small test can help you find out whether your children could be targets of cyberbullying on these platforms.</p>		
Instructions	<p>Step 1.</p> <ol style="list-style-type: none"> 1) Which of these platforms does your child use? <ul style="list-style-type: none"> ● Snapchat ● Tik Tok ● Facebook ● Youtube ● Ask.fm 2) What age is your child? <ul style="list-style-type: none"> ● under 10 ● 10-12 ● 12-14 ● 15 ● 16-18 3) Have you noticed any behavioural changes in your child? <ul style="list-style-type: none"> ● No, not at all ● I can see small changes ● Yes, I can see big changes <p>Step 2. Here is the key for your answers for question 1 Kids on Youtube are the most likely to be cyberbullied at 79 % on Snapchat at 69% on Tik Tok at 64 % on Facebook at 49% on Ask.fm at 40%</p>		



Answers for question 2

Under 10: less than 20% children experienced cyberbullying

Between 10-12: 25,1 % children experienced cyberbullying

Between 12-14: 27,2% children experienced cyberbullying

Age 15: **27,7%** children experienced cyberbullying

Between 16-18: less than 20% children experienced cyberbullying

Answer for question 3 - changes in behaviour:

- Sudden loss of friends or avoidance of social situations
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating.
- Difficulty sleeping or frequent nightmares
- Unexpectedly stops using phone or computer
- Appears nervous or jumpy when an Instant Message, text message, or Email appears
- Appears to be angry, depressed, or frustrated after using phone or computer
- Becomes abnormally withdrawn from usual friends and family members
- Self-destructive behaviour such as running away from home, harming themselves, or talking about suicide
- Expresses reluctance or refuses to participate in activities previously enjoyed



Tip sheet

TIP 1: Did you know?

Because of the COVID-19 pandemic lockdowns, people around the world, including kids, are spending 20% more time on social media than they were pre-pandemic?

Children from households with lower annual incomes were twice as likely to be cyberbullied than kids from houses with higher annual incomes.

When kids have been bullied, they often seek revenge instead of coping with the situation in healthier ways.

TIP 2: Motives behind why kids cyberbully

- Cyberbullies are bored
- Cyberbullies are power-hungry
- Cyberbullies lack empathy
- Cyberbullies believe they won't get caught
- Cyberbullies think everyone is doing it
- Cyberbullies cave under peer pressure
- Cyberbullies are out of revenge
- Cyberbullies blame the victim

TIP 3: Use Apps

StopiT

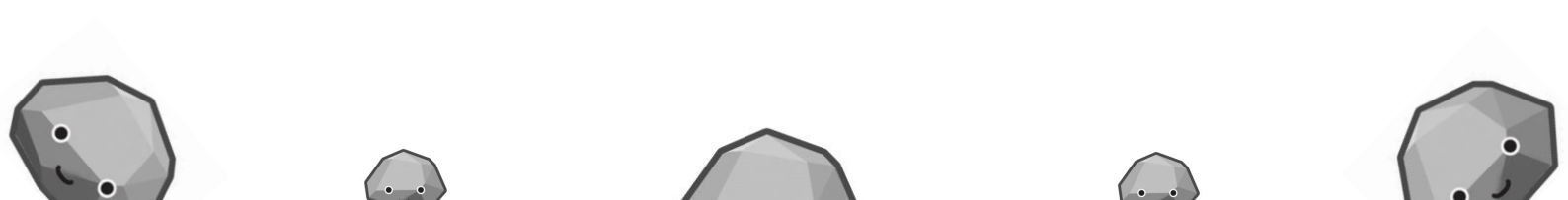
Enables victims and witnesses of cyberbullying to instantly report incidents of cyberbullying to a trusted network of adults. There's both a personal and school version of the app, and it's available on both iOS and Android.

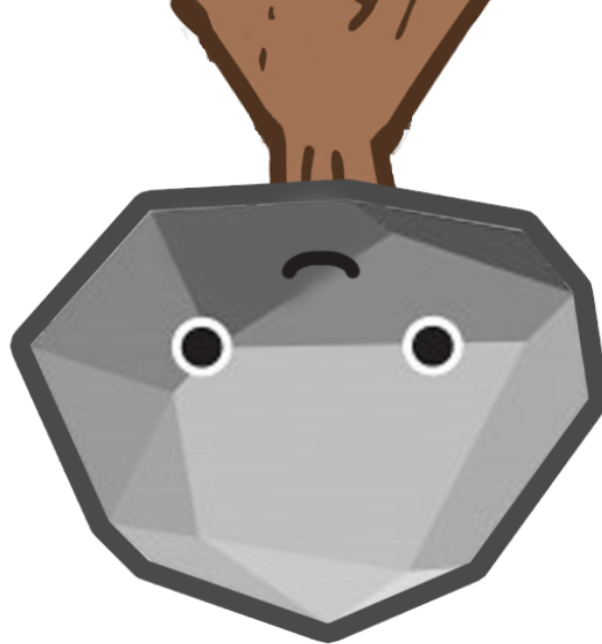
Bully button

Bully button is a handy application that allows users to flag and alert instances of online harassment through a simple and effective alert framework. It is commonly being used by schools to facilitate their in-person anti-bullying programs.

Bully block

Free app designed to help young people to deal with bullying when it does occur. Users can discreetly record and capture instances of harassment and use their evidence to report to responsible adults, they can easily record their harassers and catch them in the act.





Sticks n STONES



Interactive Infographics to Combat Bullying in School



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