CYBERBULLYING AND SOCIAL MEDIA USE: STRATEGIES FOR PREVENTION AND INTERVENTION

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Overview

❖ Overview of Cyberbullying

❖ Prevention and Intervention Strategies for Youth, Families, and Young Adults

❖ Resources

What is Cyberbullying?

❖ Aggressive behavior through electronic or digital media that occurs between two (or more) individuals in which there is a **power dynamic**, is repeated or has **a high likelihood of being repeated**, and the **victim/target feels distressed** as a result of the behavior

❖ How meaningful is this definition?

    ❖ What is the perspective of the victim?

Englander et al., 2017; Patchin & Hinduja, 2006; Ybarra et al., 2014

Prevalence Rates

15% to 35% of adolescents (ages 12-17) report experiencing cyberbullying

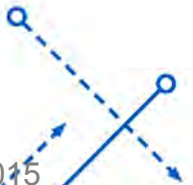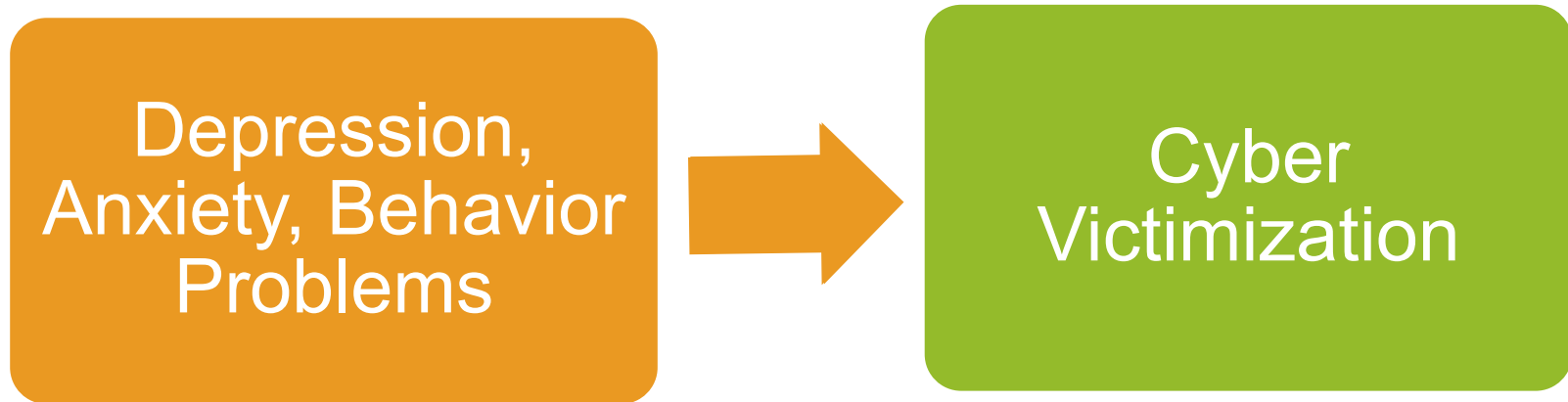12% to 15% of adolescent (ages 12-17) report engaging in cyberbullying

10% to 27% of young adults report experiencing cyberbullying

Increase in rates of cyberbullying over past five years
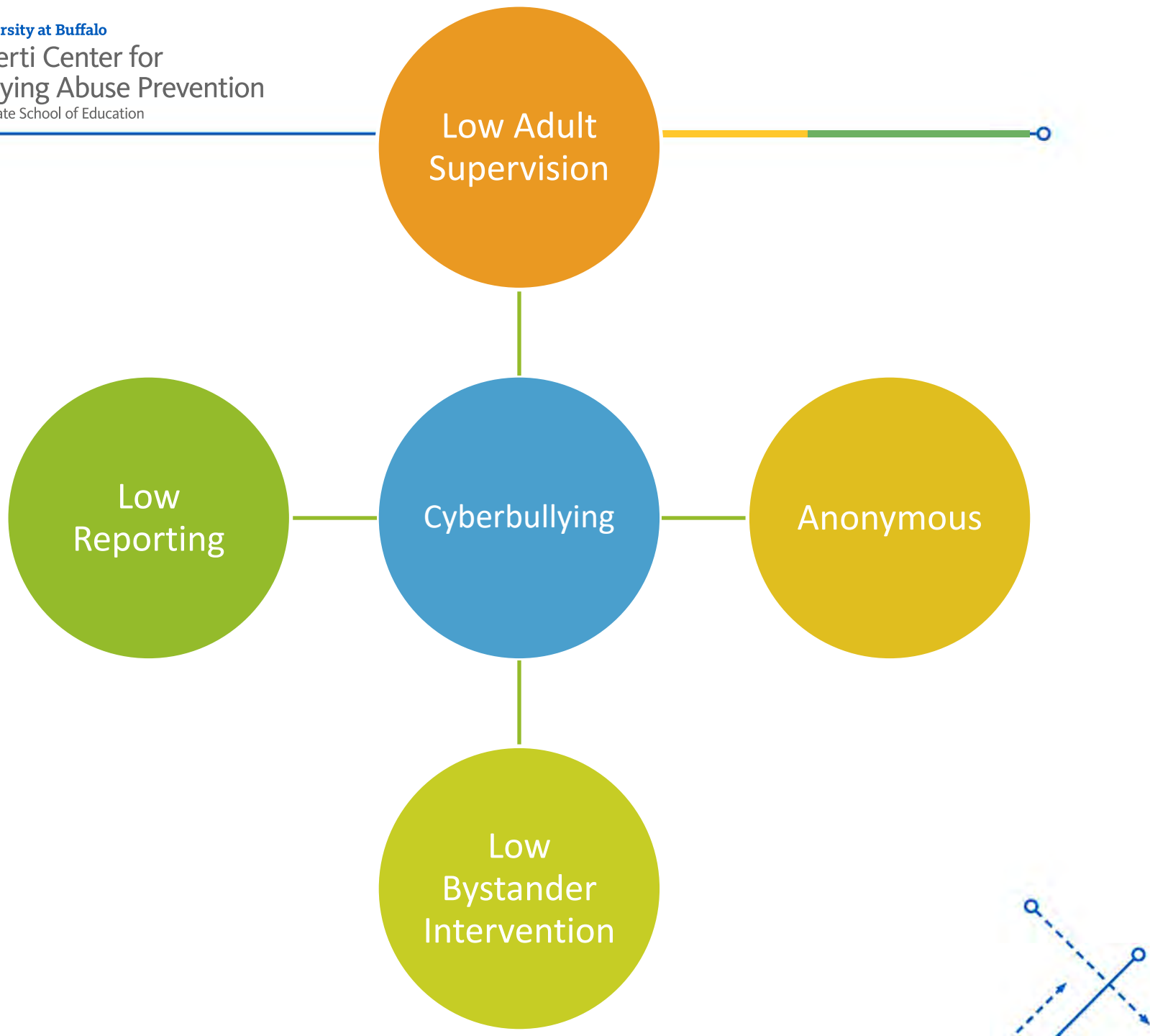
CDC 2019; Cyberbullying Research Center, 2019; Modecki et al., 2014; Selkie et al., 2015
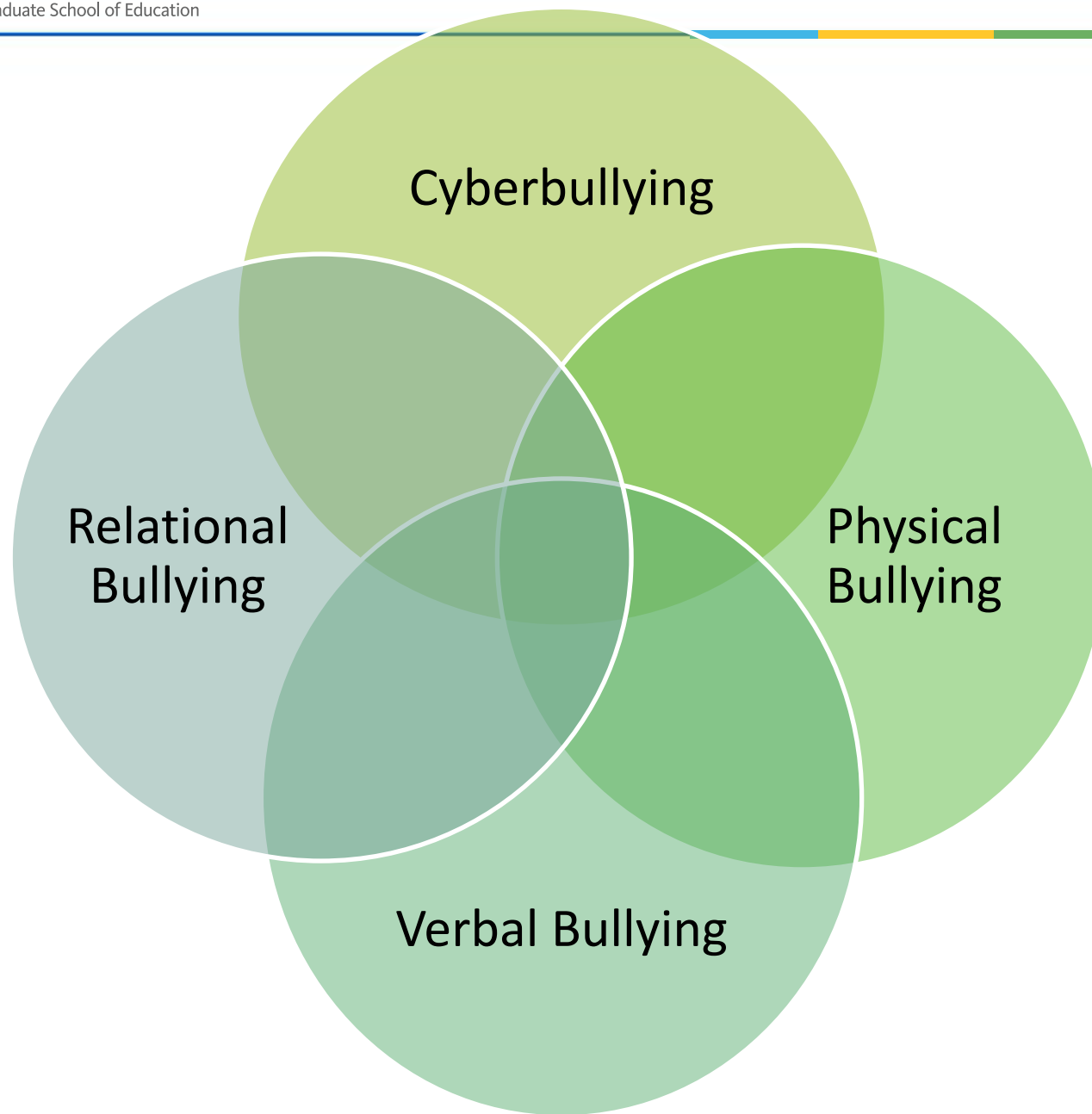
Cyberbullying and Mental/Behavioral Health

❖ Are mental health difficulties a predictor or outcome of cyberbullying? Or both?

Depression, Anxiety, Behavior Problems ➔ Cyber Victimization

Ansary, 2020; Camerini et al., 2020; Chu et al., 2019; Fredrick et al., 2020; Holfeld & Mishna, 2019; Rose & Tynes, 2015

Cyberbullying and Technology/Social Media Use

❖ Where does cyberbullying occur?

❖ Increase in cyberbullying coincides with increased media use and autonomy with devices
   ❖ 50% of 8 to 12-year-olds ➡ 26% of 12+

❖ The relationship between cyberbullying and screen media use is incredibly complex and more research is needed
   ❖ Quality vs. Quantity

Chang et al., 2015; Craig et al., 2020; Hamm et al., 2015; Kircaburun et al., 2019; Müller et al., 2018; Zhai et al., 2019

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Low Adult Supervision

Low Reporting

Cyberbullying

Anonymous

Low Bystander Intervention

Ansary, 2020

CYBERBULLYING PREVENTION

Cyberbullying Prevention Tips for Students

❖ Keep privacy settings high on all accounts

❖ Don't share password with anyone
   ❖ Change password frequently

❖ Don't share information
   ❖ Be smart and responsible (just as you would in person)

❖ Interact only with people you know (if possible)

❖ Use the "off" switch
   ❖ Do not respond to upsetting posts or communications

Cyberbullying Prevention Tips for Parents and Families

❖ Stay up to date on latest apps and social media platforms

Common Sense Media Parent Guides
https://www.commonsensemedia.org/parents-ultimate-guides

Internet Matters Apps Guide
https://www.internetmatters.org/resources/apps-guide/

Cyberbullying Research Center: Most Popular Social Media Apps
https://cyberbullying.org/most-popular-social-media-apps

Cyberbullying Prevention Tips for Parents and Families

❖ Try to have open conversations early and often

    ❖ Provide thoughtful, guiding principals about appropriate media use

Cyberbullying Research Center Guides

https://cyberbullying.org/questions-parents-should-ask-their-children-about-technology

https://cyberbullying.org/cyberbullying-scripts-for-parents-to-promote-dialog-and-discussion

Children and Screens

https://www.childrenandscreens.com/media/press-releases/its-not-funny-how-to-talk-with-kids-about-online-meanness-and-cyberbullying/

Cyberbullying Prevention Tips for Parents and Families

❖ Be prepared and have a plan: what should your child do if they experience or witness cyberbullying?

   ❖ Document

   ❖ Support

   ❖ Report

   Connect Safely (how to report cyberbullying)

   https://www.connectsafely.org/abuse-and-privacy

Make sure they know their devices won't be taken away if they tell an adult

CYBERBULLYING INTERVENTION

How should we respond?

What should I do if I experience cyberbullying?

❖ Save evidence (screenshot, print)

❖ Take a break

❖ Block or mute the person

❖ Tell someone

❖ Report the incident

What should I do if I someone else is experiencing cyberbullying?

❖ Don't join in

 ❖ Don't pass or share content

❖ Tell the person to stop or knock it off

❖ Check in with the victim and provide support

Youth Voice Project (Nixon & Davis, 2013)

❖ What is the most helpful response by an adult (from youth perspective)?

Adults made it better by:

Listening

Checking in

Giving advice

Adults made it worse by saying:

Stop tattling

Solve it yourself

If you act different, it won't happen to you

https://njbullying.org/documents/YVPMarch2010.pdf

Effective Strategies Reported By 9- to 12-year-olds

❖ Blocking the person (60%)

❖ Telling a parent (51%)

❖ Ignoring the person (43%)

❖ Reporting it to the website/app (30%)

❖ Walking away/taking a break from device (30%)

❖ Telling school (12%)

❖ Talking to the person doing the cyberbullying (11%)

❖ Nothing worked (2%)

Supporting the Victim

❖ LISTEN and find out more
    ❖ "Tell me what happened"

❖ SUPPORT
    ❖ Empathize with their feelings
    ❖ "That must have very scary for you"
    ❖ Try not to minimize

❖ PROBLEM-SOLVE
    ❖ Let them take the lead
    ❖ Know there is no single quick fix

RESOURCES

Access resources to learn about bullying, harassment, and strategies for intervening at: **http://ed.buffalo.edu/alberti/resources**

Other Resources

Cyberbullying Research Center
https://cyberbullying.org/

Common Sense Media
https://www.commonsensemedia.org/

Common Sense Education (Digital citizenship curriculum)
https://www.commonsense.org/education/

Stop Bullying.gov
www.stopbullying.gov

Pacer's National Bullying Prevention Center
https://www.pacer.org/bullying/

Take Back the Tech
https://www.takebackthetech.net/

Children and Screens
https://www.childrenandscreens.com/

STAY CONNECTED!

 @UBBullyPrevCtr

 @alberticenter

 @UBBullyPrevCtr

 @UB_BullyPrevCtr

 UB Alberti Center for Bullying Abuse Prevention

University at Buffalo
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Thank you! Questions?

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Cyberbullying Awareness, Training, and Education: Resources and Trends

Prof. Minhua Wang

Center for Criminal Justice, Intelligence, and Cybersecurity

SUNY Canton

April 30, 2021

Awareness, Training, and Education

- Awareness – basic level – to focus attention
- Training – intermediate level – to produce relevant and needed skills and competency
- Education – highest level – to integrate all skills and competencies into a common body of knowledge, adding a multidisciplinary study of concepts, issues, and principles

The New York State K-12 Computer Science and Digital Fluency Learning Standards (Full Implementation by September 2024)

Grades 4-6	Grades 7-8	Grades 9-12
4-6.DL.7 Identify and describe actions in online spaces that could potentially be unsafe or harmful.	**7-8.DL.7** Describe safe, appropriate, positive, and responsible online behavior and identify strategies to combat negative online behavior.	**9-12.DL.7** Design and implement strategies that support safety and security of digital information, personal identity, property, and physical and mental health when operating in the digital world.
The focus is on identifying and describing potentially unsafe behaviors, and actions to take if they are witnessed or experienced, including cyberbullying.	*Students are able to strategize ways to keep online spaces safe. Identify types of negative online behaviors including cyberbullying, harassment, trolling/flaming, excluding, outing, dissing, masquerading, and impersonation.*	*Strategies that support positive mental health in the digital world include both ways to avoid or handle cyberbullying and ways to interact positively and constructively with others in connected spaces.*

Suggested Student Activity Examples

- Students create PSAs on online safety and cyberbullying to include in district/school newsletters/newspaper or make posters to put up in the school.
- Students work in collaborative groups to create action plans to decrease instances of cyberbullying among teens.
- Students create an individual action plan on how they would prevent multiple types of cyberbullying and/or a compromise of their digital identity.

Facebook Terms of Service

3. Your commitments to Facebook and our community

We provide these services to you and others to help advance our mission. In exchange, we need you to make the following commitments:

1. Who can use Facebook

When people stand behind their opinions and actions, our community is safer and more accountable. For this reason, you must:

- Use the same name that you use in everyday life.

- Provide accurate information about yourself.

- Create only one account (your own) and use your timeline for personal purposes.

- Not share your password, give access to your Facebook account to others, or transfer your account to anyone else (without our permission).

Facebook Bullying Prevention Hub

https://www.**facebook**.com/safety/bullying

Put a Stop to Bullying

Developed in partnership with the Yale Center for Emotional Intelligence, the Bullying Prevention Hub is a resource for teens, parents and educators seeking support and help for issues related to bullying and other conflicts. It offers step-by-step plans, including guidance on how to start some important conversations for people being bullied, parents who have had a child being bullied or accused of bullying, and educators who have had students involved with bullying.

Yale Center for Emotional Intelligence

Teens   Parents   Educators

Cyberbullying Trend: Dark Web Organized Crime

- Various criminal specialists can solicit one another to form diversified organizations that resemble legitimate corporations and allow them commit crimes more efficiently.
- Crime networks exist to ensure that members are not ripped off and entitled to bigger profits.
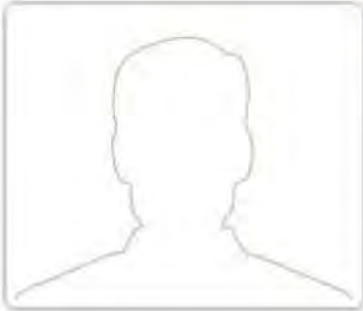
Cyberbullying Trend: Double Extortion

- If the victim does not pay the ransom, the perpetrators would leak a small part of the sensitive data (possibly censored) to increase the pressure and might even request higher amount of ransom.
- If the victim still does not pay the ransom, the perpetrators would leak/sell all sensitive data to a leak site, with the majority of leak sites hosted on the dark web.

Cyberbullying Trend: Hacking as a Service

Facebook account access: $350

⭐Facebook page needed

■ Final Review Pending

🏳 Report Project

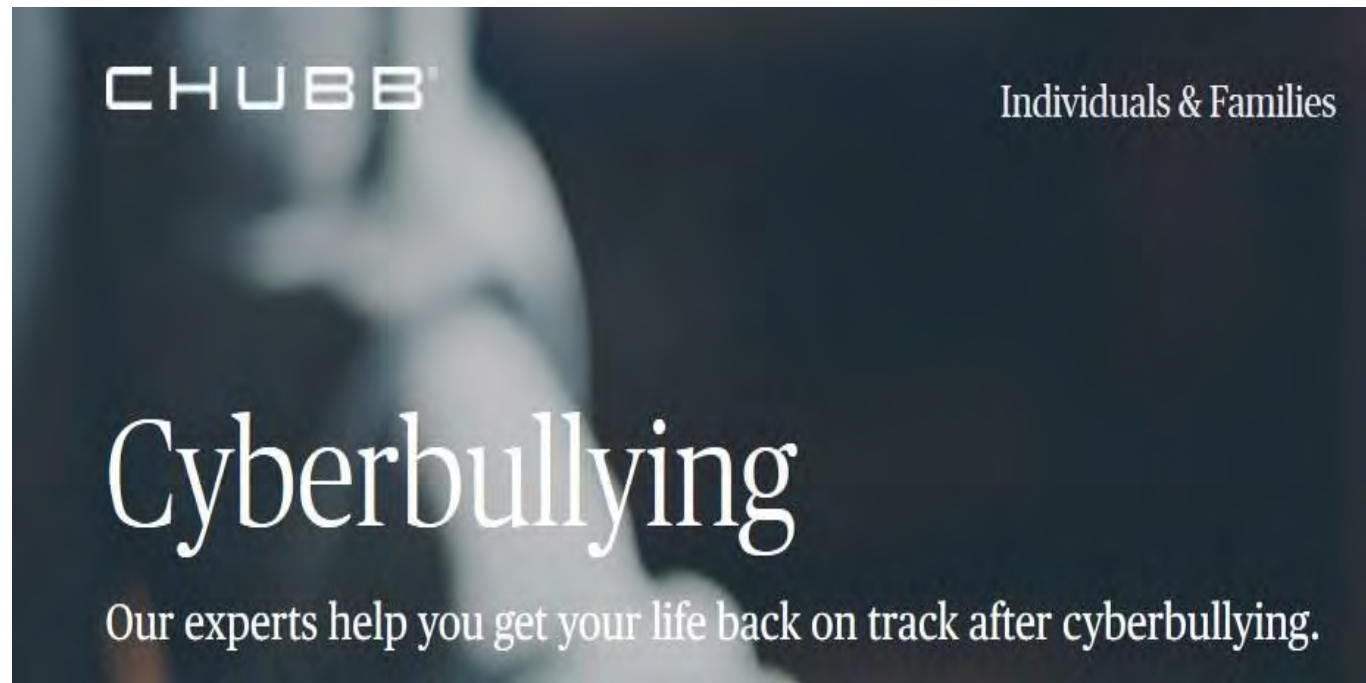| Skills	Computer Data Recovery, Ethical Hacke Programming, Social Media, Web Progr
Created	on 19/12/14
Address	United States

angelrose

Rating ★★★★★ (reviews)

Description

I need to get into a facebook page. Long short of it is i have to know whats going on and

HackersList

Cyberbullying Trend: Cyberbullying Protection Offered by Insurance Companies

Internet Safety
Keeping Students and Schools Safe in Cyberspace

Dr. Kambiz Ghazinour

Associate Professor, SUNY Canton

Founder and CTO, CyberSpara

04/30/2021

www.Ghazinour.com

Children's online security and privacy

Children's information shared on social media services

P. Manotipya and K. Ghazinour. Children's Online Privacy From Parents' Perspective. The 11th International Conference on Emerging Ubiquitous Systems and Pervasive Networks (EUSPN-2020), Portugal, 8 pages.
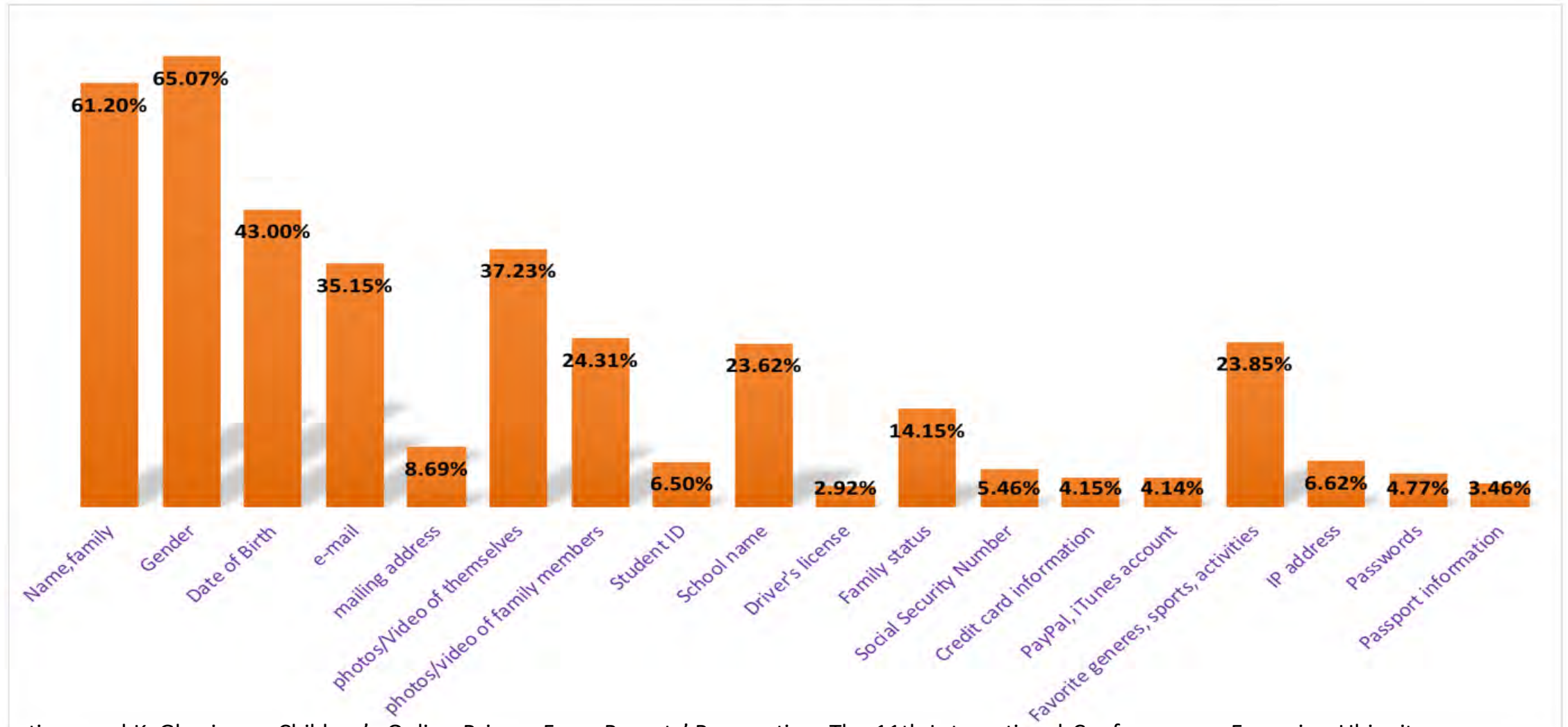
NYS Digital Fluency Guidelines

How do we teach people to be safe in cyberspace?

- Textbooks?

- Lectures?

- Videos...?

Phishing Attacks - mail

- Never seen before!
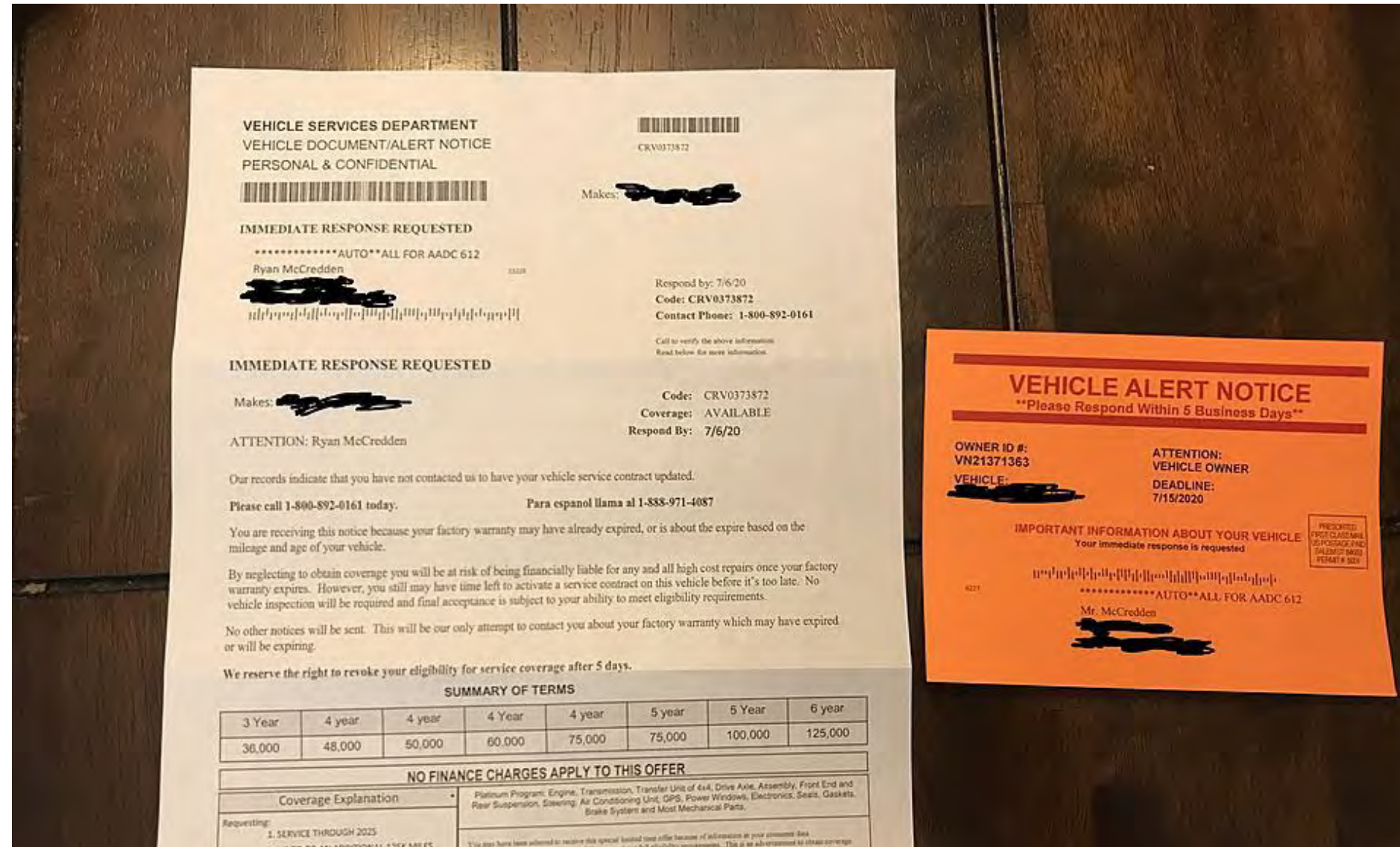
Phishing Attacks – text msg
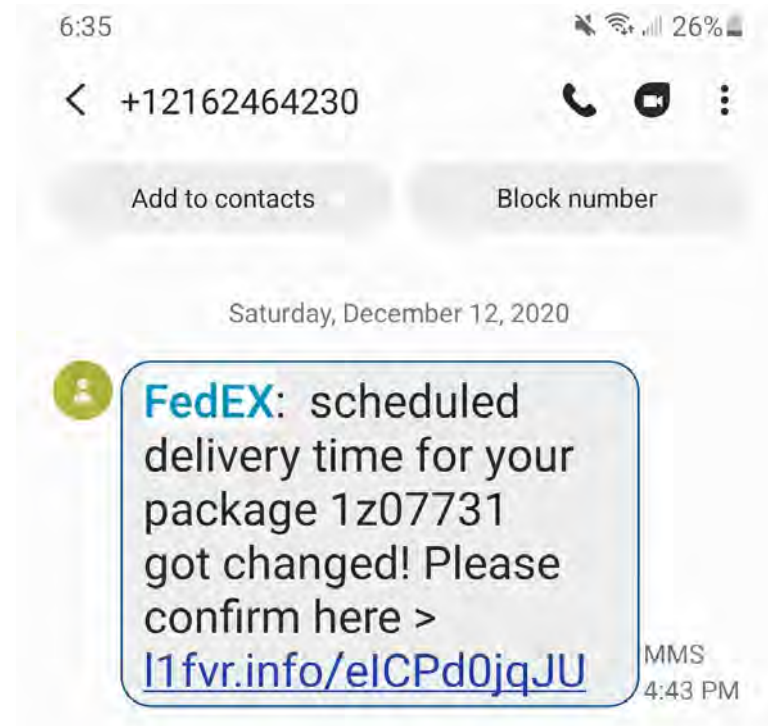
Phishing Attacks – social media
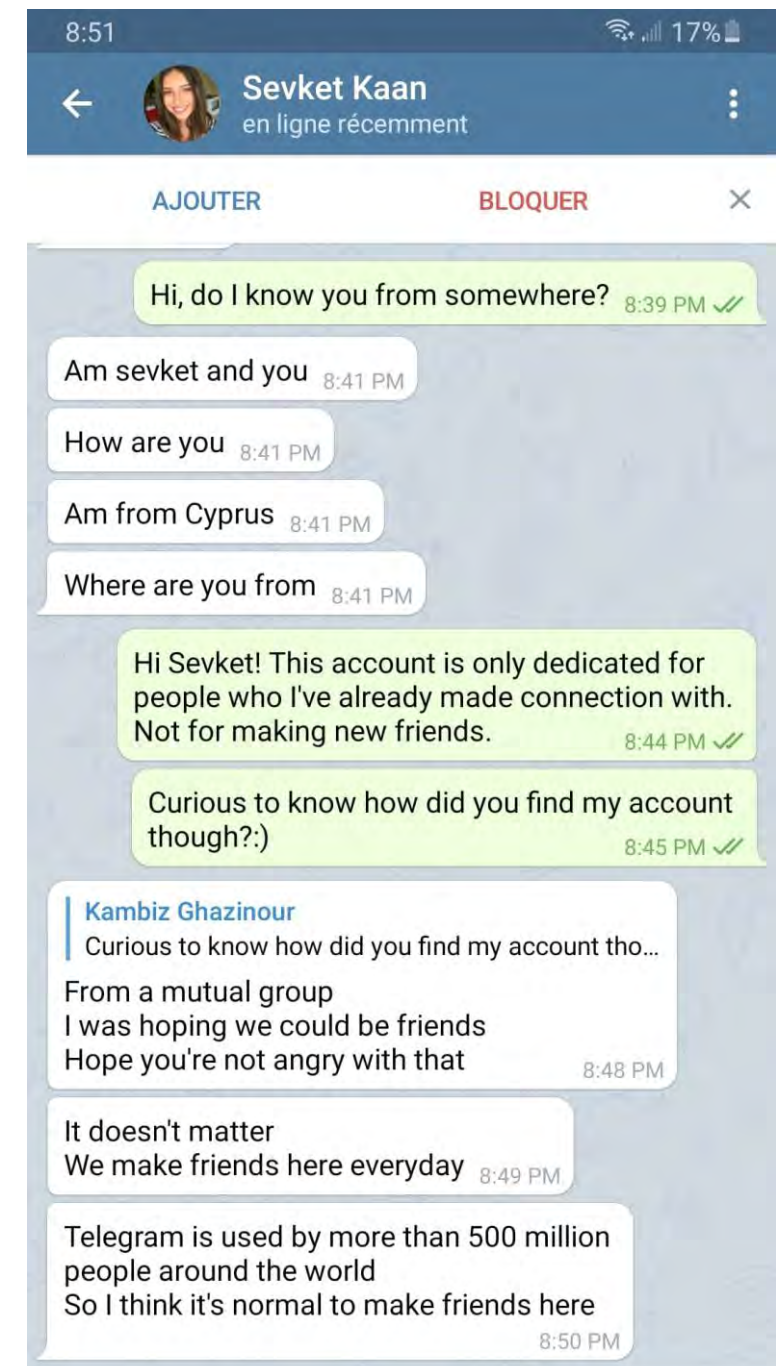
Phishing Attacks – email

- Anti-spam filters don't always work!
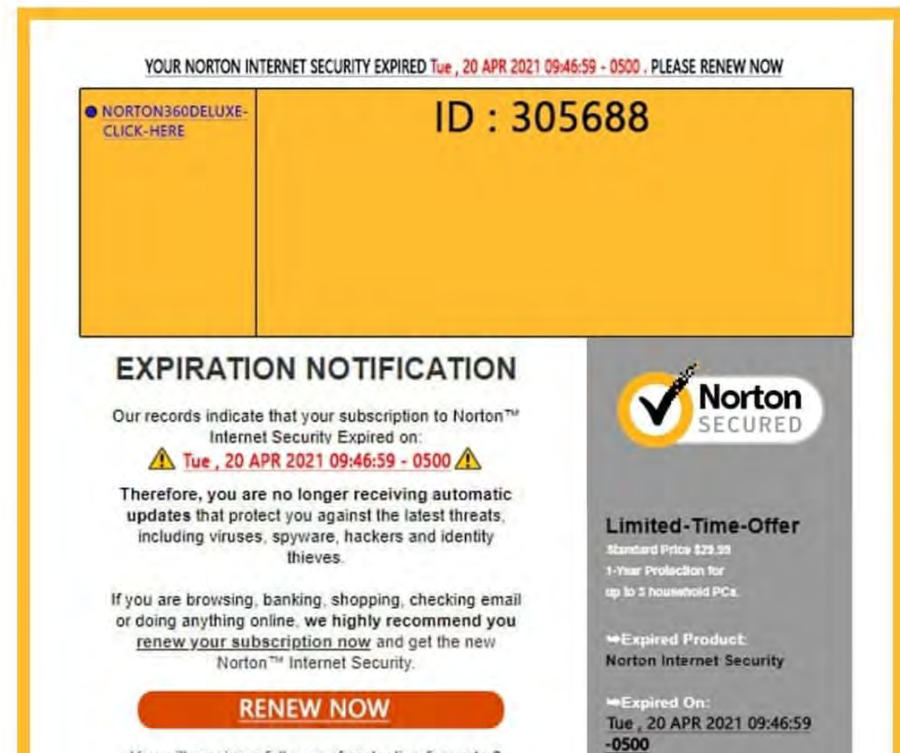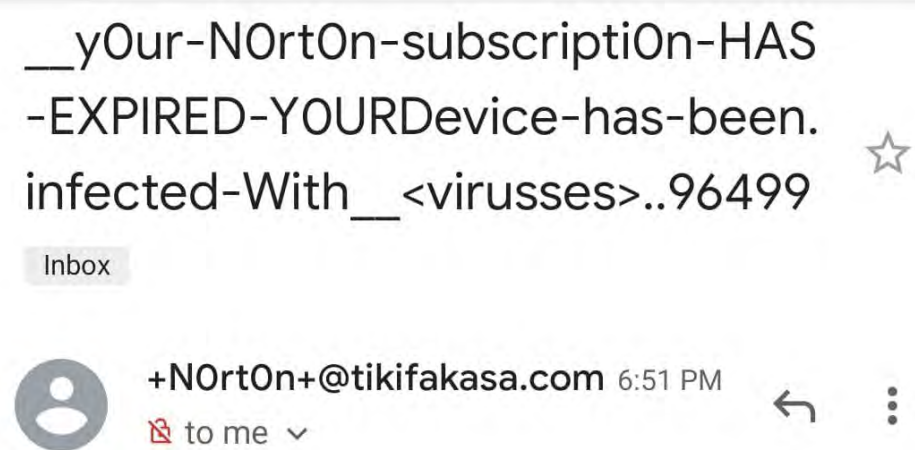
Teaching Security and Privacy Pragmatism

- We have been talking* to teachers, parents, and students. They say:
  - Let them try and figure out
  - Don't preach them
  - Motivate and engage them to learn
  - Give them real-world examples

DIGITAL-PASS*
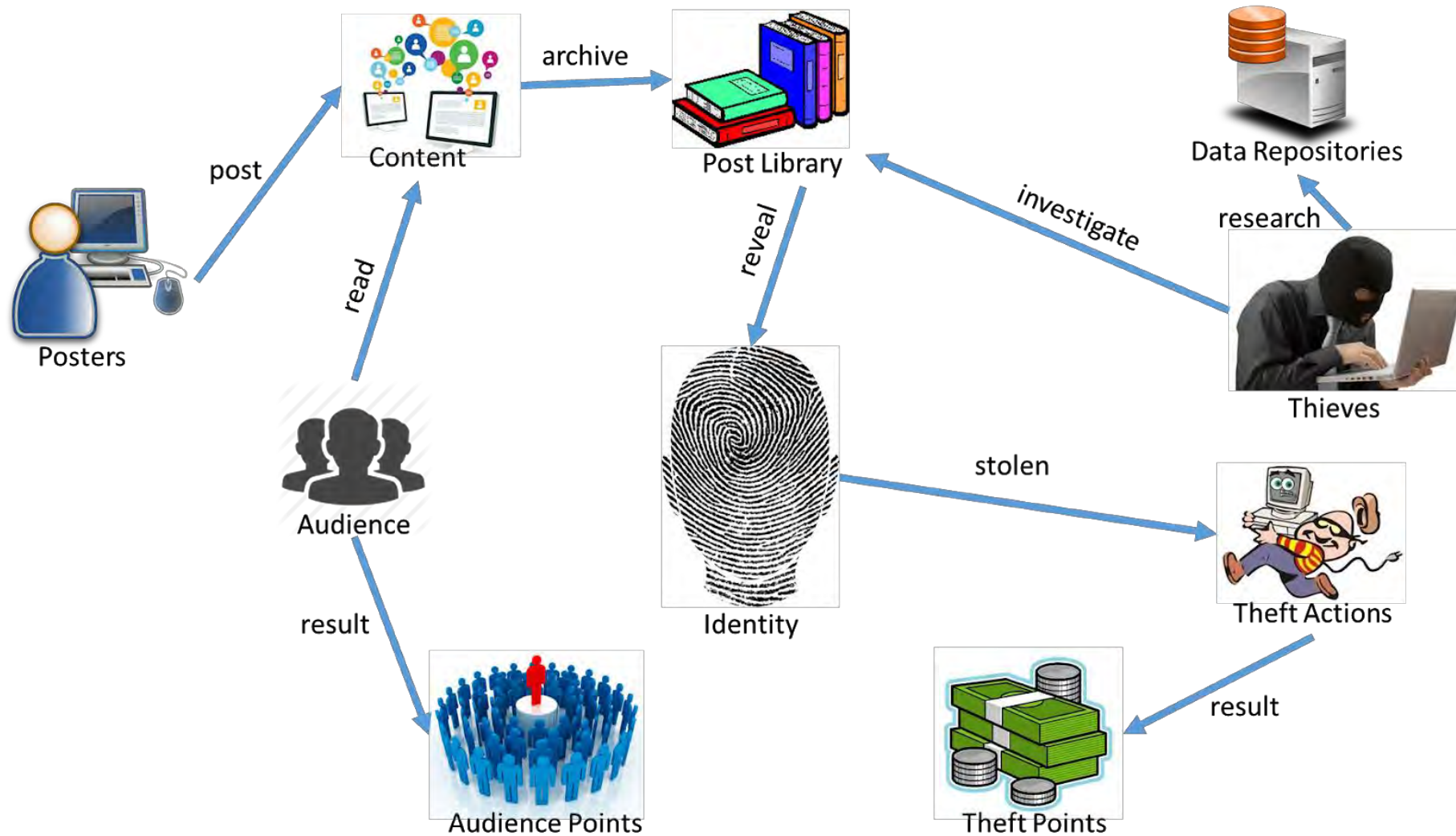
Digital-PASS Control Modules
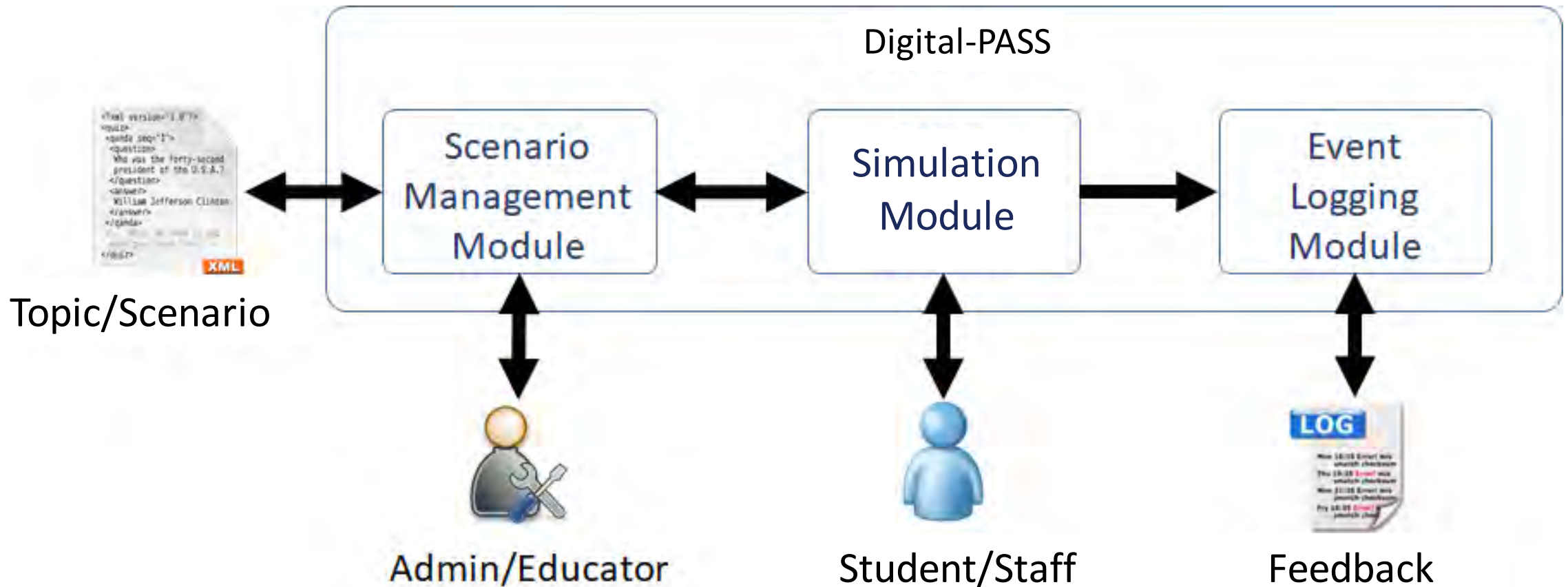
Digital-PASS

- 6 years of continuous development
- Tested by students from different background
- Highly admired by the students

"If I changed my password, watched what I was posting, and read over messages before accepting I was safe and gained followers. Overall, I enjoyed the game and think it did a good job at teaching me the risk of posting on social media"

K. Ghazinour, K. Messner, S. Scarnecchia, D. Selinger. (2019) A simulation-based approach to privacy education. In the proceedings of the ACM Conference on Computer and Communication Security (CCS). November 2019, London, UK. 12 pages.

K. Ghazinour, S. Scarnecchia, J. Rabideau, B. Pecore. (2020) A Novel Approach to Social Media Privacy Education Through Simulated Role Reversal. In the proceedings of the 11th International Conference on Emerging Ubiquitous Systems and Pervasive Networks (EUSPN-2020). Portugal, 12 pages

Why it works?

- Case-studies show +30% increase in students' awareness
- No Personal Identifiable Information (PII) is revealed.
- Students compete to win
- Learn from their mistakes
- Interact in a realistic environment

Thank you! Questions? ☺

- We want to hear from you!

- Let's chat for 15 mins.

- Please send us an email

ghazinourk@canton.edu

Dr. Kambiz Ghazinour
www.ghazinour.com

Follow us: @DrGhazinour

CYBERBULLYING

WHAT'S HAPPENING, WHAT TO DO, AND WHAT WE CAN DO

DYLAN BRADLEY

CYBERSECURITY PANEL, FRIDAY 4/30/2021

DISCLAIMER

- **My** opinions and observations
- **NOT "One-Size Fits All"**
  - Varying Degrees
  - **"Snap" Calls and Panic**

WHAT'S HAPPENING

- Seen as "Part of the Experience"

- Afraid to come forward
  - Call-outs and "Cancel Culture"
    - Comes across wrong

- Stop and Think
  - No Delete Button
    - "Vanishing" Act
    - Archivers – The "Wayback" Machine
  - "Won't happen to me!" - It's a *Business!*

https://web.archive.org/

INTERNET ARCHIVE
WayBack Machine

Explore more than 544 billion web pages saved over time

Enter a URL or words related to a site's home page

Results: 50 100 500
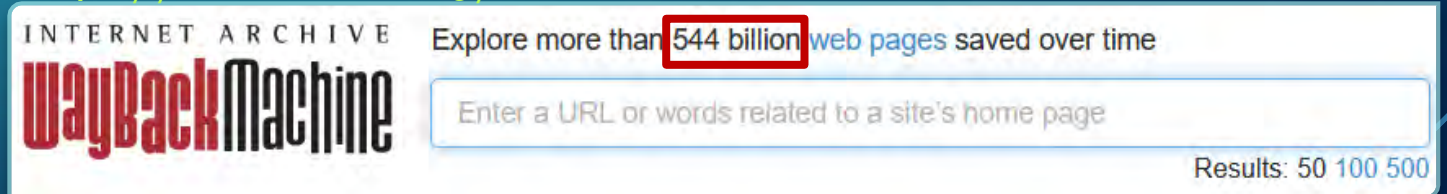
That's almost ***70 Pages*** for ***Every Person on Earth***!

"THE EXPERIENCE"

- Most don't realize until it gets *serious*

- Overlooked
  - "Could never happen to me!"
  - "Just a misunderstanding"
  - Block and Move On
  - "I can't do anything about it, anyway"

https://miro.medium.com/max/1200/1*kQm5RFcafizzkFa-8bObMw.jpeg

PROTECTING YOURSELF

https://haveibeenpwned.com/

Breaches you were pwned in

A "breach" is an incident where data has been unintentionally exposed to the public. Using the 1Password password manager helps you ensure all your passwords are strong and unique such that a breach of one service doesn't put your other services at risk.

**River City Media Spam List** (spam list): In January 2017, a massive trove of data from River City Media was found exposed online. The data was found to contain almost 1.4 billion records including email and IP addresses, names and physical addresses, all of which was used as part of an enormous spam operation. Once de-duplicated, there were 393 million unique email addresses within the exposed data.

Compromised data: Email addresses, IP addresses, Names, Physical addresses

Zynga: In September 2019, game developer Zynga (the creator of Words with Friends) suffered a data breach. The incident exposed 173M unique email addresses alongside usernames and passwords stored as salted SHA-1 hashes. The data was provided to HIBP by dehashed.com.

Compromised data: Email addresses, Passwords, Phone numbers, Usernames

https://cybermap.kaspersky.com/stats #country=109&type=oas&period=w
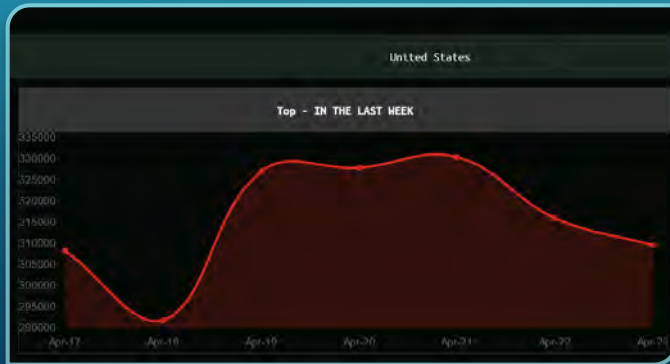
- Odds are *against* you
  - Hackers are **everywhere**
    - **Data is MONEY!** – They'll do **anything** to get it!
    - *https://haveibeenpwned.com/*

- Know the Privacy Settings
  - Twitter: "All or Nothing"
  - Facebook: Better, but *not* perfect!
  - Try to **stop yourself**
    - Is this sensitive?
    - Am I going to regret this?

WHEN IT HAPPENS

- Blocking and Reporting

- Tell *someone*
  - Try to remind yourself – You aren't alone!
  - "Snap" Calls and Panic – Avoid, *if possible*

- Severe Cases
  - Reach Out of SLC (1-315-265-2422); Crisis Hotlines
  - Local PD
  - Emergency? **Call 911!**

Services

Telephone Crisis intervention and Information & Referral Hotline
    Established 1976
    Comprehensive 24-hour hotline serving all St. Lawrence County residents
    Staffing: 30-70 trained volunteers plus professional staff
    Statistics: Over **28,000** calls logged in 2005
    Alcohol/drug related -- **25%**
    Family Violence -- **22%**
    Mental Health related -- **80%**
    Basic Needs -- **15%**

http://www.reachouthotline.org/

WHAT CAN *WE* DO?

- Not going to "Go away"

- Awareness – What is really at stake?
  - Talk about it!
    - Who to call, contact, talk to, etc. ?

- Inspire Curiosity
  - Don't "force" the issue
    - You can't "out-smart" forcing it!

https://i.scdn.co/image/6f113dd1fc3631c9d0d290aecf25710b45e602fd
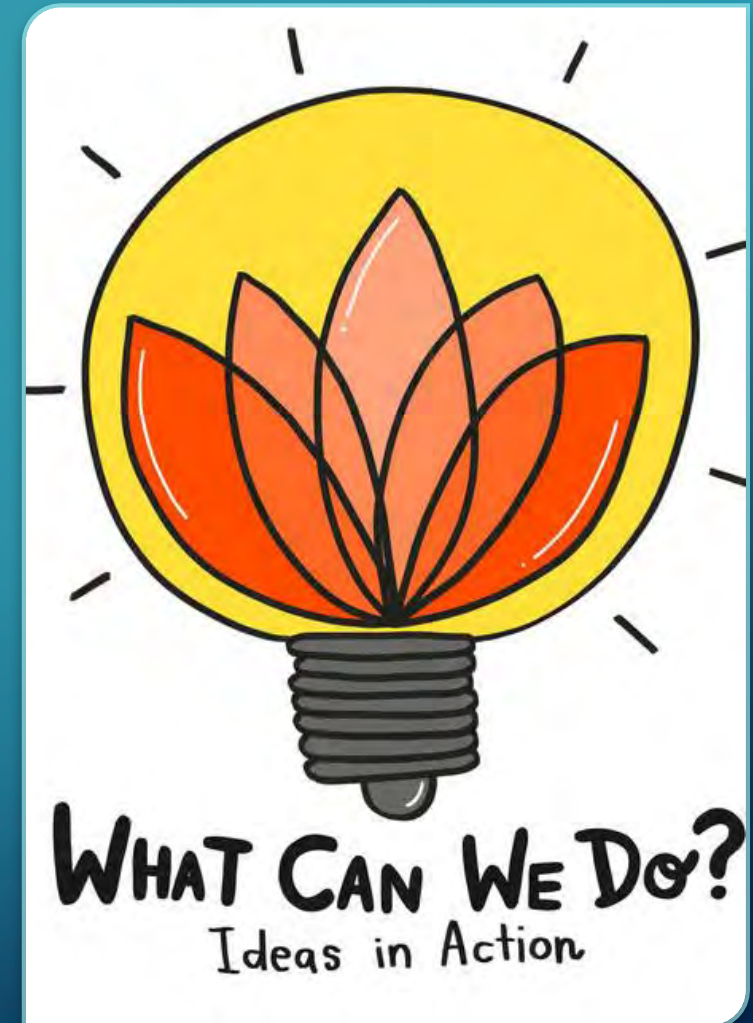
THANK YOU!

DYLAN BRADLEY

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MEMBER, ADVANCED INFORMATION SECURITY AND PRIVACY (AISP) RESEARCH LAB

EFFECTS OF CYBERBULLYING & INTERVENTIONS

JAMES "JIM" SHEPPARD, LMHC, LPC

COUNSELOR, SUNY CANTON COUNSELING CENTER

- Effects of Cyberbullying
  - Depression, Anxiety, Isolation, Anger
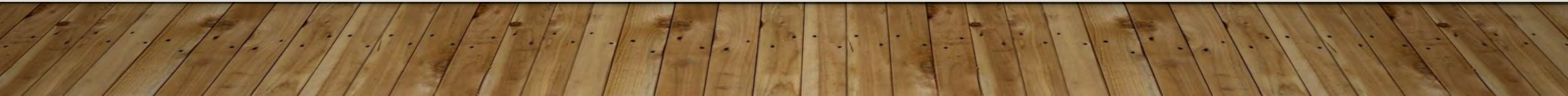- Interventions
  - Prevention, Intervening
- 10 Tips for Online Mental Health

EFFECTS OF CYBERBULLYING

- Effect: Depression

- What it might look:
  - Change in sleep (sleeps all the time, sleeps less)
  - Mood swings (increased frequency and intensity)
  - Change in eating patterns (more picky, eats more or less than usual)
  - General sadness (no specific reason why sad)
  - Sudden or significant change in academic performance
  - Decrease in self-esteem or self-confidence (dresses differently)
  - Loss of interests in extracurricular activities

EFFECTS OF CYBERBULLYING

- Effect: Anxiety

- What it might look:
  - Reluctant to go to school or work
  - Worries about everything
  - Onset of panic attacks
  - Trouble sleeping or falling asleep, nightmares
  - Complaints of stomach aches, vomiting, and/or diarrhea
  - Feels the need or starts carrying a weapon
  - Preoccupation with a particular app

EFFECTS OF CYBERBULLYING

- Effect: Isolation

- What it might look:

  - Invites fewer friends over

  - Spends less time on phone

  - Prefers to be alone

  - Doesn't talk about day ("It's fine", "everything's ok")

  - Skips classes, work shifts

  - Declines or refuses to be in photos or gatherings

EFFECTS OF CYBERBULLYING

- Effect: Anger

- What it might look:
  - Self harming behavior (punches wall, unexplained bruises, cutting)
  - Unexplained outbursts towards supportive people
  - Increasingly irritated
  - Displays bullying behavior
  - Appears tense a significant amount of time

INTERVENTIONS

- Prevention
  - Daily check-ins. Be present.
  - Regular down time from phone/computer/gaming
  - Modeling positive behavior
  - Talk about appropriate behavior and content as well as potential consequences

INTERVENTIONS

- Intervening
  - Ask questions and listen to responses about what is happening
  - Notice changes in mood and behaviors
  - Be supportive
    - Be mindful of statements like "just ignore it," "just block them," or "play a different game"
  - Report cyberbullying to school and social media platforms
  - Seek additional services if needed (i.e. counseling)

10 TIPS FOR ONLINE MENTAL HEALTH

1) Be mindful of what you are posting
   - Nothing is completely deleted from the internet
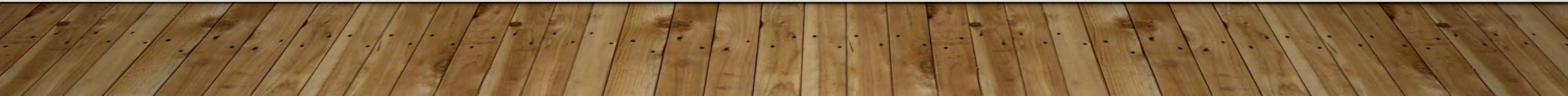
2) Have a balanced support system
   - Online friends are great but who do you talk to when the power goes out or their cellphone dies?

3) Maintain a variety of interests
   - You're a master gamer, what else are you good at?

4) Spend some time outside
   - An Rx of nature lowers stress levels and allows you to be more proficient in all areas of your life.

10 TIPS FOR ONLINE MENTAL HEALTH

5) Be good to yourself
   - Delete negative comments
   - Know when to ask for help.

6) Get enough sleep
   - Lack of sleep impairs judgement…what you wouldn't post at 6:00PM, you might at 2:00AM

7) Choose being supportive over judgmental
   - More often than not, you get back what you put out in the world

8) Exercise
   - Physical health = mental health

10 TIPS FOR ONLINE MENTAL HEALTH

9) Educate yourself
   - Be like the KGB, trust but verify.

10) Be you
   - Pretending to be something or someone you're not is exhausting.

RESOURCES

- "Cyberbullying Behavior: Identifying Signs in the Classroom"
    - https://www.leaderinme.org/blog/cyberbullying-behavior-identifying-signs-in-the-classroom/

- "Establishing Rules"
    - https://www.stopbullying.gov/cyberbullying/establishing-rules

- "How to Deal with 'Haters' "
    - https://www.stopbullying.gov/cyberbullying/how-to-deal-with-haters

- "Prevent Cyberbullying"
    - https://www.stopbullying.gov/cyberbullying/prevention

- "The Psychology of Cyberbullying"
    - https://www.verywellmind.com/the-psychology-of-cyberbullying-5086615

- "The Real-Life Effects of Cyberbullying on Children"
    - https://www.verywellfamily.com/what-are-the-effects-of-cyberbullying-460558

- 31 Tips to Boost Your Mental Health
    - https://www.mhanational.org/31-tips-boost-your-mental-health

- Critical Mental Health Resources for College Students
    - https://www.onlinecolleges.net/for-students/mental-health-resources/

- Ten Things You Can Do for Your Mental Health
    - https://uhs.umich.edu/tenthings

- Ways You Can Positively Use Social Media to Promote Mental Health
    - https://discoverymood.com/blog/ways-social-media-promote-mental-health/

QUESTIONS

Contact:
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