



*Li taan paasii. Li taan ki vyayn.
From our past. For our future*

Child Youth & Family

Fall Online Education & Awareness Series

2024

Keeping Children and Youth Safe Series-Agenda

November 21st , 2:00pm–3:30pm (Part#3)

Cyberbullying & Bullying

- Introductions-What is Staying Safe Series
- Definition- Cyberbullying
- What is Cyberbullying? What is Bullying?
- What is the Law?
- Who is Affected?
- What are the Effects?
- Impacts and Consequences of Bullying and Cyberbullying
- How to Report
- What Can You Do?
- Keeping Your Children Safe Online
- Social Platforms to be Aware of
- Bullying – Children & Youth- Ages 4-17

Cyberbullying:

What is cyberbullying and how does it differ from traditional bullying?

- **Cyberbullying** has been defined as “willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices” (Hinduja & Patchin, 2015; Patchin, 2014).
- The intent of cyberbullying incidents is to threaten, harass, embarrass, or socially exclude another using online technology (Williams & Guerra, 2007).
- **Bullying** happens when there is an imbalance of power, and someone repeatedly says or does hurtful things to someone else on purpose. It can occur one-on-one or in groups.
- Some bullying acts are illegal.
- As with traditional bullying, there is usually a power imbalance between the cyberbully and the cybervictim (Patchin & Hinduja, 2015).

What is the Law?

While less than 20% of cyberbullying incidents are reported to police, some actions are illegal and are considered offences under the Criminal Code.

These include:

- Criminal harassment such as texts, phone calls or emails that cause the other person to fear for their safety
- Child pornography including viewing, keeping and sharing intimate photos and videos of minors under the age of 18
- Sharing an intimate image knowing that the person depicted did not consent
- Uttering threats and extortion such as threatening to share someone's personal information to others if they don't do as told
- Identity theft and fraud such as creating a fake online profile to ruin someone's reputation
- Defamatory libel including spreading rumours about someone to hurt their reputation or cause others to treat them badly

What is Cyberbullying?

- Cyberbullying involves using computers, smartphones or other connected devices to embarrass, hurt, mock or threaten someone online. It can be anonymous and follow a victim everywhere, 24 hours a day, 7 days a week
- Instances of cyberbullying include someone posting an embarrassing photo of someone else, breaking into someone else's social media account and pretending to be them, and using information found online to harass an individual at home, school or work
- It can also take the form of gossip, exclusion, impersonation, stalking, threatening and trickery such as fooling someone into revealing secrets that are then shared
- Canadian students reported the most common type of cyberbullying is name-calling

Who is Affected?

- 31% of Canadian youth say they've been cyberbullied before
- Research finds that most cyberbullies and victims know each other
- About 50% of youth and 30% of parents say they have witnessed cyberbullying directed at someone else
- 65% of youth say that they would tell a friend over a parent if they were being cyberbullied. They often fear their devices will be taken away if they tell their parents, and many don't feel that reporting cyberbullying is effective

What are the Effects?

- Cyberbullying can have a range of effects on a victim, including shame, anxiety, poor concentration, feelings of hopelessness and even self-harm.
- Cyberbullies can also face the consequences of their actions and may be at risk of relationship problems, substance use or criminal behaviour.

Signs a young person may be a victim of cyberbullying include:

- Changes to the amount of time they spend online
- Being secretive about their online activities
- Appearing sad, frustrated or angry more than usual
- Having trouble sleeping or eating
- Lower grades or skipping school
- Detachment from family and friends

What are the Effects... Continued?

- Both cyberbullying victims and cyberbullies are twice as likely as their peers to attempt suicide
- Trying to stop cyberbullying has been found to significantly reduce the number of times it happens.
- Approximately 15% to 35% of youth confront their cyberbullies and ask them to stop
- Nearly 75% of parents say cyberbullying stopped after they took action

Impacts and Consequences of Bullying and Cyberbullying:

- Depression
- Loneliness
- Social anxiety
- Stress-related health problems
- Embarrassment
- Low self-esteem
- Trouble sleeping
- Skipping school or low grades
- Aggressive behaviour
- Detachment from family and friends
- Self-harm
- Contemplating, attempting or committing suicide

How to Report:

You may report:

- Criminal offences to your local police detachment
- Cyberbullying to social media sites or apps
- Online offences to Cybertip.ca
- School bullying to school administrators
- Unwanted text messages to telephone service providers

What Can You Do?

The most important thing is to be aware and to talk openly and regularly with your child about:

- Letting them know you are available to talk any time
- Understanding they may be hesitant to share with you
- Using real life examples they can relate to that aren't about them
- Talking about online safety, privacy, establishing boundaries, healthy relationships and consent
- Talking to them about not giving in to pressure and breaking off communication if they feel threatened or uncomfortable
- Telling them it's always okay to come to you or another safe adult, even if they think they've made a mistake
- Telling them about resources like Cybertip.ca and NeedHelpNow.ca in case they are worried and do not want to come to you

How to Keep Your Children & Youth Safe Online:

- Parents and caregivers, a quick reminder that Snapchat's Terms of Service (outside the U.S.) states users must be 13+ to have an account with the app
- Talk with your teen about only adding people or followers they know in real life. On Snapchat, encourage your teen to block random/unknown users who add them
- Tell your teen not to click on or access links or websites sent to them through direct messages, especially if they don't know the individual sending the link
- Work with teens on privacy settings. For Snapchat in particular, review the Who Can section under Settings to modify and limit who can contact your teen, view their stories, see them in Quick Add, and see their location
- Encourage your teen to create a strong password for their social accounts

Safe Online:

- Remind your teen to limit the amount of information about themselves in their profile details. Snapchat profiles can include users' full names, their birthday, and star sign. Encourage teens to use a pseudonym and disable Birthday Party, which will remove their birthday details. Learn more about how to ensure your teen's social media bio isn't giving away too much personal information
- Let your teen know that material in their My Eyes Only section of their Snapchat account is not as secure as they may think and to carefully consider what is stored or shared there
- Encourage your teen not to share their Snap code (a unique QR code that allows people to quick add users to their Snapchat) or other social media usernames online
- Have regular conversations about online safety — talk about the apps they use, games they play, and who they're connecting with
- Remind teens they can always come to you for help if something has happened without fear of getting in trouble or losing their device

Social Platforms to be Aware of:

- WhatsApp: A messaging app that allows texts, video calls, photo sharing and voicemails with users worldwide.
- TikTok: A new app popular with kids lets users create and share short videos. Law enforcement said the app has “very limited privacy controls” and users can be exposed to cyberbullying and explicit content.
- Snapchat: One of the most popular social media apps in the world, Snapchat lets users take and share photos and videos. The app also lets people see your location.
- Instagram: is another of the most popular social media platforms that children send, make or share a nude image or video and share with somebody.

Read the Story about Instagram – Winnipeg — Adolescent boys are being targeted primarily on social media giants Instagram® and Snapchat® as part of an ongoing sextortion crisis, an analysis of July Cybertip.ca data by the Canadian Centre for Child Protection (C3P) shows. – August 4/22

- <https://www.cybertip.ca/en/campaigns-and-media/news-releases/2022/sextortion-data-analysis/>

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Bullying – Ages 4-11

- The cycle of bullying often begins between the ages of four and 11 when children are forming their own social identities at school and through other activities.
- No matter when it starts, it's important to remember that bullying is not a normal part of growing up.
- It needs to be dealt with directly by adults who are willing to recognize there is a problem and take whatever steps must be taken to stop it.

Bullying- Children & Youth- In Person Ages 4-17

Set the example

“Always consider how you treat others and how you allow others to treat you. As a role model, your actions and reactions can influence how youth relate to each other”.



Different Types of Bullying

Physical

- Hitting
- Kicking
- Punching
- Pushing/Shoving
- Stealing
- Psychological - Verbal

Psychological - Verbal

- Insults
- Name-calling
- Threats
- Comments about how someone looks or talks
- Comments about someone's ethnicity (culture, colour, religion)

Different Types of Bullying/ Results of Bullying:

Psychological - Social

- Gossiping
- Rumours
- Ignoring
- Not including someone in group activities

Results

- Can hurt a child's body, damage belongings (clothes, toys, etc.).
- Can make a child feel badly about himself or herself.
- Can make a child feel alone and not part of the group.

What to do:

If the child is being bullied

- Stay calm, try to show you won't get upset. Anger can make things worse.
- As soon as you get bullied, find an adult you trust and tell the adult what happened. It is your right to be safe.
- If you are afraid to tell an adult, ask a friend to go with you.
- Stay close to friends or children you know will stick up for you.
- If bullying continues, walk away and join other children or ask someone for help.

If the child sees someone else being bullied

- Speak out, you can help by telling the bully to stop - nobody deserves to be bullied.
- If you are afraid to speak out alone, ask a friend or many friends to do it with you.
- Comfort the person who was hurt, tell them they don't deserve what happened.
- If you are afraid or telling them doesn't work, find an adult you trust to help you.
- Help children who are bullied. Invite them to participate in your school activities - this will help them not feel like they are alone.

Bullying – Ages 12-17

- As children get older, the type and range of bullying behaviour increases. While physical, psychological and social bullying happen among children as young as four, other bullying behaviour and forms of violence emerge as children move toward adolescence, including, sexual harassment and dating aggression.
- No matter what form it takes, bullying is not a normal part of growing up.

Bullying – Ages 12-17

- Dating aggression includes physical or verbal actions including grabbing, pushing, punching, spreading rumours and name-calling.
- Sexual harassment occurs when a person or group hurts another person by taunting or discussing sensitive sexual issues, creating sexual rumours or messages, making homophobic comments, rating sexual body parts or name-calling, telling sexual jokes, and initiating unwanted sexual touching.
- Ethnoculturally based bullying includes any physical or verbal behaviour used to hurt another person because of his or her ethnicity (culture, colour, religion).

Advice for Teens:

- Ignore the bully - Bullies look for big reactions, so ignore threats, walk away and go to a place of safety.
- Stand up for yourself - Challenge the bully to stop in a loud and firm voice, and walk away (run if needed). Bullies keep attacking if you do what they say and tend to pick on those who do not stand up for themselves.
- Don't bully back - Physically fighting back satisfies the bully and is dangerous because you could get hurt or end up in trouble.
- Tell an adult - Anyone being bullied or who sees someone being bullied must tell an adult. Principals, teachers, parents and lunchroom monitors can all help. It's not tattling, ratting or snitching calling out a bully isn't telling on someone for something small - bullying is wrong and it helps everyone if it is stopped.

Advice for Parents and Guardians:

- Talk, talk, talk. Don't wait for your child to come to you, bring up the conversation about bullying if you suspect or see/hear something.
- Talk to the adults who were in charge when the bullying occurred to find ways to remedy the problem and prevent future situations.
- If presented with the opportunity, confront the child, teen or group guilty of bullying and explain to them the hurt they cause.
- Stop any bullying behaviour at home, because consistency matters.

Advice for Adults responsible for young people (such as teachers, principals, coaches and other leaders):

- Be aware of the social interactions in your group of children - separate youth who tend to have negative interactions with others.
- Place left-out youth in groups where they will be accepted - try to avoid situations that will victimize at-risk youth (for example, don't have peers pick group partners or teams).
- Support other adults who work directly with youth to end bullying - by enforcing the separation of disruptive teens, increasing supervision in bullying hotspots and placing vulnerable youth in positive groups.

Resources:

- RCMP Centre for Youth Crime Prevention
- Kids Help Phone 1-800-668-6868
- Canadian Centre for Child Protection
- NeedHelpNow.ca
- Cybertip.ca
- Canadian Red Cross
- Violence and Abuse Prevention (redcross.ca)
- Public Safety Canada
- Cyberbullying - canada.ca
- Please also contact your local detachment in your community***

Final Thoughts:

Thank you on behalf of the Child, Youth and Family Department for the BC Metis Federation

For a copy of this presentation please email the Director of Child, Youth and Family:

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