



Social Media & The Effects of Cyber-Bullying

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Masters of Education

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Being in the Digital Age
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Warning; This Material May Be Triggering

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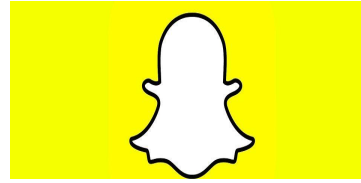
Overview of Social Media



Est. 2006



Est. 2010



Est. 2011



Est. 2016





Cyberbullying

Takes place over digital devices, across websites, apps, forums texts and includes sending or posting mean, harmful, negative content about another person , sharing of personal/private information and causing embarrassment and humiliation.

(Stopbullying.gov, 2021)

- ❖ 59% of US teens have been bullied or harassed online

(Anderson, 2018)

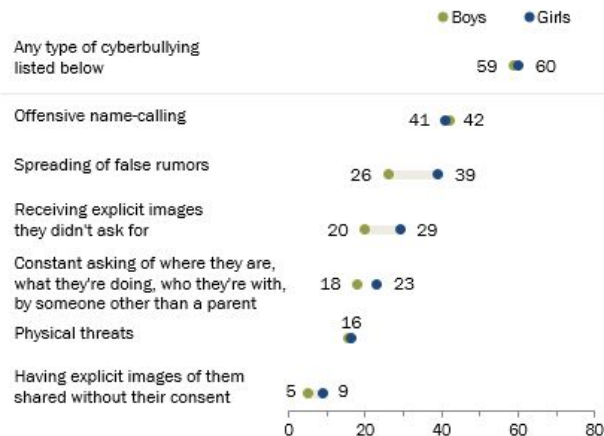
- ❖ 60% of girls and 59% of boys have experienced at least one of six abusive online behaviors.

(Anderson, 2018)

Cyberbullying And Its Prevalence

Teen boys and girls are equally likely to be bullied online, but girls are more likely to endure false rumors, receive explicit images they didn't ask for

% of U.S. teens who say they have experienced ___ online or on their cellphone



Note: Respondents were allowed to select multiple options. Those who did not give an answer or gave other response are not shown.

Source: Survey conducted March 7–April 10, 2018.

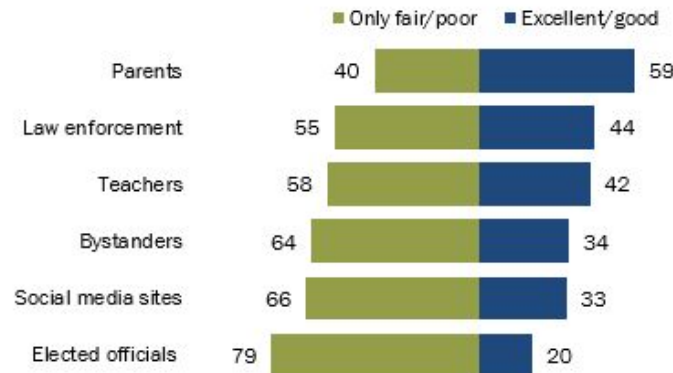
"A Majority of Teens Have Experienced Some Form of Cyberbullying"

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6 in 10 parents worry about their own teen getting bullied online, but most are confident they can teach their teen about acceptable online behavior

A majority of teens think parents are doing a good job in addressing online harassment, but are critical of teachers, social media companies and politicians

% of U.S. teens who say each group does a/an ___ job in addressing online harassment and online bullying



Note: Excellent/good and only fair/poor responses are combined. Respondents who did not give an answer are not shown.

Source: Survey conducted March 7–April 10, 2018.

"A Majority of Teens Have Experienced Some Form of Cyberbullying"

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Effects of Cyberbullying

- ☐ Avoiding talking to friends or socializing
- ☐ Seeming especially quiet or withdrawn at home, or isolating in their room
- ☐ Losing interest in activities that previously gave them joy
- ☐ Inability to concentrate on schoolwork or homework
- ☐ Falling grades
- ☐ Trouble sleeping
- ☐ Desire to skip school or avoiding school related activities
- ☐ Seeming angry or upset whenever they look at their phone
- ☐ Exhibiting secretive behavior about what they've seen or done on their phone
- ☐ Abruptly stop using their phone
- ☐ Use of drugs or alcohol
- ☐ Saying things about life being meaningless or talk about suicide
- ☐ Reduced self esteem
- ☐ Anxiety
- ☐ Depression



Study : Social Media Use and Cyber-Bullying: A Cross-National Analysis of Young People in 42 Countries (Craig et al., 2020)

- 181: 11-15 yrs. old adolescents from 42 countries
- Survey regarding cyberbullying SMU, age, gender and socioeconomic class
- Relationships between SMU and cyber-bullying outcomes were estimated using Poisson regression

Cyberbullying-> an item modified from the validated Olweus bullying scale participants indicated how often that they had been victimized the past couple of months

Intense SMU -> online contact almost all the time throughout the day on at least one of the four items from the EU Kids Online Survey

Problematic SMU-> The Social Media Disorder Scale items that describe addiction-like symptoms

Frequent online contact with strangers-> an item describing the frequency of online contact with friends that you got to know through the internet but did not know before

- more consistent relationships across countries for each of the three types of SMU with perpetration of cyber-bullying compared with cyber-victimization.
- relationships in more countries for girls than boys, for both cyber-bullying and cyber-victimization.
- both boys and girls, problematic media use related to cyber-bullying and cyber-victimization in the most countries and estimates indicated the presence of modest to strong effects that merit public health intervention.

Exposure Theory!!

Study : Cyberbullying, help-seeking and mental health in young Australians: implications for public health (Spears et al., 2015)

- ❖ 1,934 - Ages 12 -18 in Australia
- ❖ Administered online survey
- ❖ 4 year cross sectional study
- ❖ Examining the relationship between cyberbullying, help seeking practices and mental well being
- ❖ Focused on them having positive well being rather than negative
- ❖ Youth with no cyberbullying experiences had better wellbeing profiles and overall mental health whereas victims had poorer well being and tended not to engage with online support services
- ❖ They experienced greater stress, anxiety and depression
- ❖ Did not prefer to seek help online either

(Spears et al., 2015)

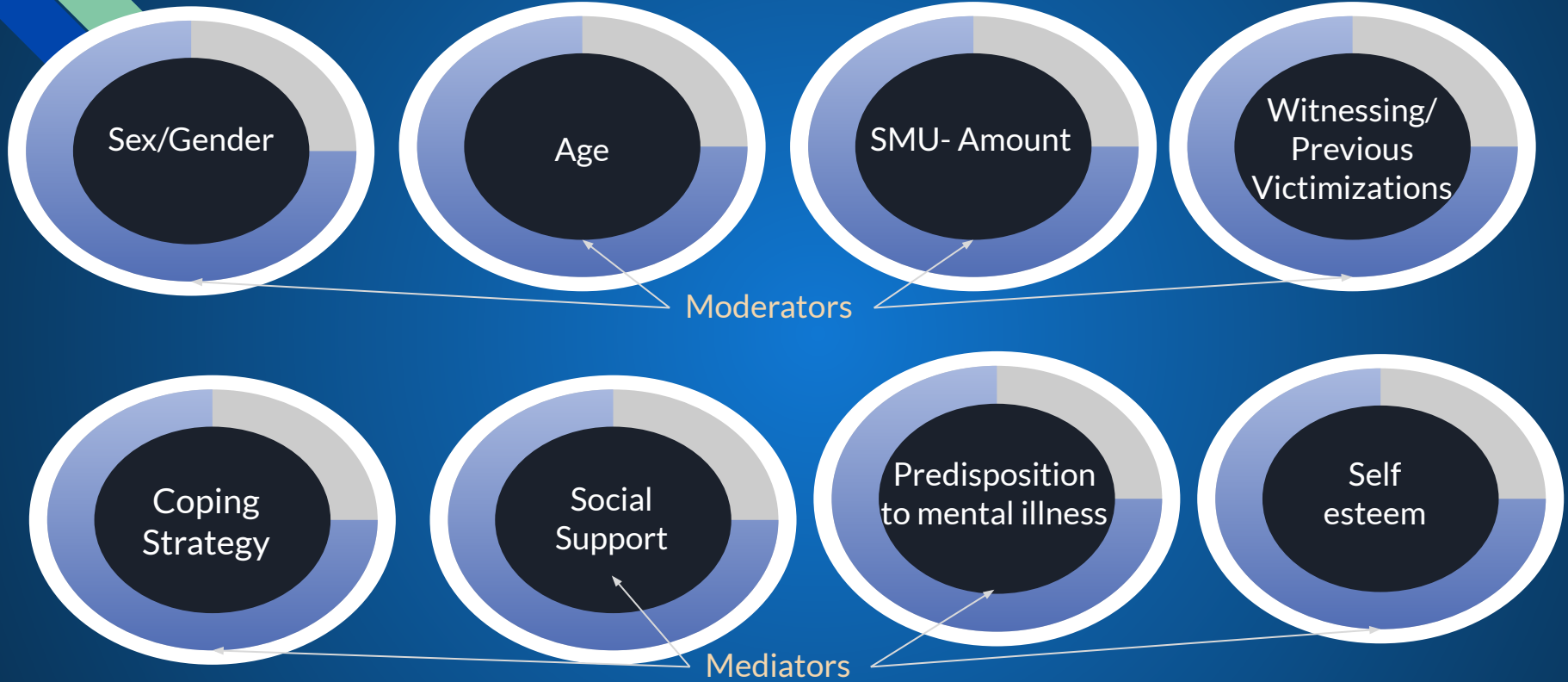
Study: The association between witnessing cyberbullying and depressive symptoms and social anxiety among elementary school students (Doumas & Midgett, 2020)

- ❖ Cross-sectional study of 122 elementary school aged students
- ❖ Questionnaires assessing witnessing cyberbullying, witnessing school bullying, bullying victimization, depressive symptoms, and social anxiety.
 - CES-DC is a 20-item self-report measure- >Depressive Symptoms
 - The SASC-R includes 22 items that make up three subscales-> Social Anxiety
- ❖ 52% are bystanders
 - associated with depression and anxiety among middle school students (Doumas & Midgett, 2020; Wright et al., 2018),

- ★ Cyberbullying was positively associated with depressive symptoms and social anxiety even after controlling for frequency of witnessing school bullying and bullying victimization

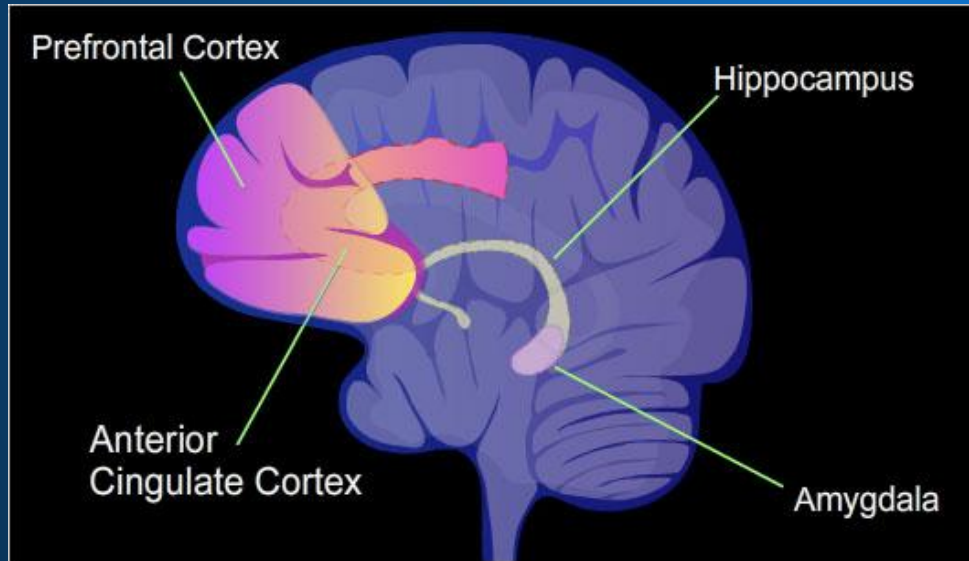
- ★ Importance of providing programs to support elementary school students who witness cyberbullying to reduce the mental health risks associated with being a cyberbullying bystander.

Common Moderators & Mediators



Implications in Education

★ Learning



(Bremner, 2006)

★ Classroom Dynamics





Recommendations

- ★ Use Terms such as Target not victim
- ★ Anti-bullying policy
- ★ School wide training
- ★ Parental Education
- ★ Adjust Social Media Privacy Settings
- ★ Reduce the amount of time and focus individuals are on Social Media - Screen Limits
- ★ Trauma -Informed Safe Spaces within the Classroom
- ★ Provide open lines of communication with your students

QUICK TIP

(Alcera, 2020; Doumas & Midgett, 2020)



To Conclude...

- Cyberbullying has the potential ability to be a large public health issue.
- With the increased use of social media, more opportunities and platforms are available for it to occur.
- Cyberbullying increased prevalence has allowed for increased instances of mental health distress.
- It is important that as educators, parents, advocates that we open ourselves up to the awareness and look for signs of cyberbullying and provide proper support for the individuals victimized.



Final Thoughts....

What are some ideas you could implement in your classroom to help reduce or support targets of bullying on Social Medias?

Thank you!

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