ADDRESSING CYBERBULLYING: THERE'S NO APP FOR THAT

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Agenda

EXTENT OF CYBERBULLYING IN CANADA

EFFECTS OF CYBERBULLYING ON YOUTH

CYBERBULLYING & SOCIETAL POWER IMBALANCES

STRATEGIES TO PREVENT AND ADDRESS CYBERBULLYING

What is cyberbullying?

Why worry about it?

What can you do about it?

Extent of Cyberbullying

All this technology is making us antisocial

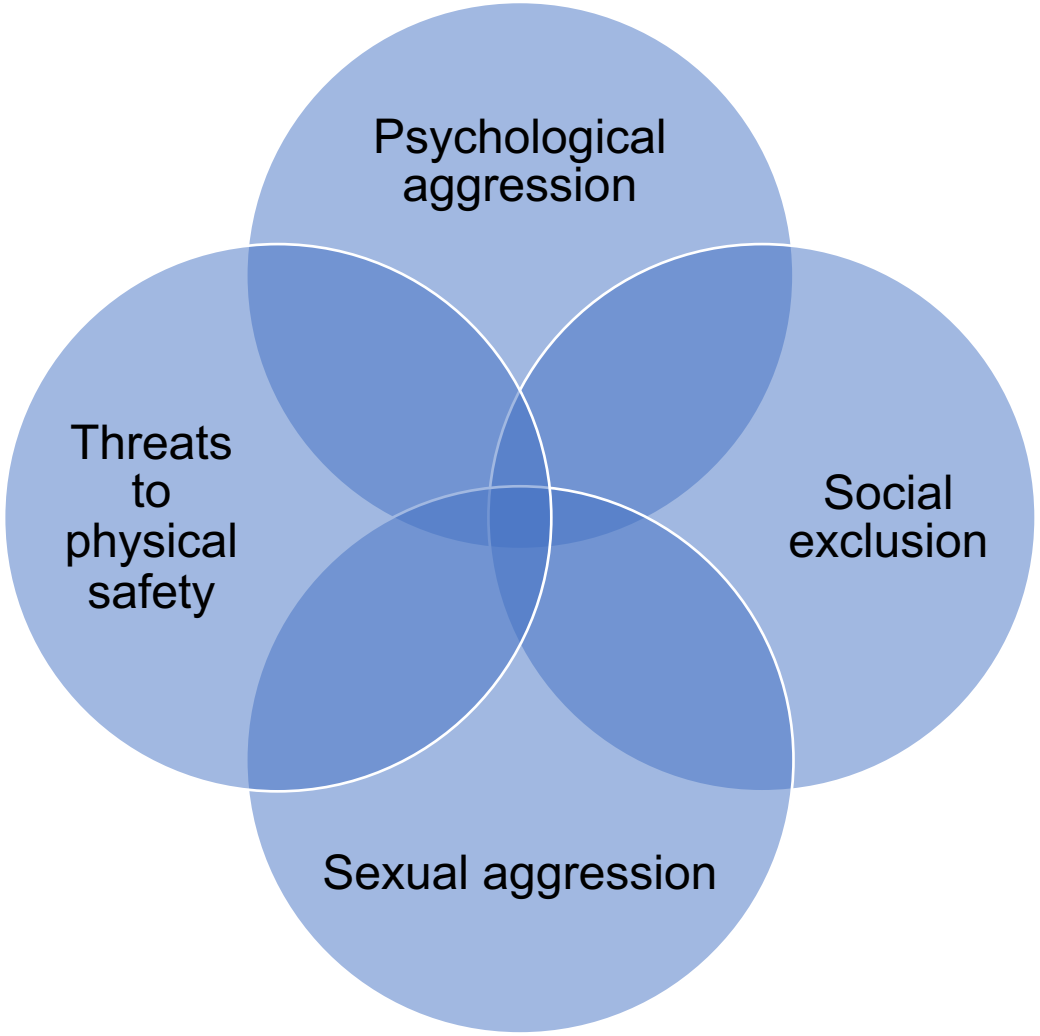
Snapchat
Twitter

Cyberbullying is

Bullying + Technology

1. Power Imbalance
2. Targeted
3. Intent

Content of Cyberbullying



3rd party ad content

Amid rise in AI deepfakes, experts urge school curriculum updates for online behaviour

Fake nude images generated by AI are some of the distressing new challenges facing students and educators

Jessica Wong · CBC News · Posted: Jan 09, 2024 2:00 AM MST | Last Updated: January 9

LAW & COURTS

What a Proposed Ban on AI-Assisted 'Deep Fakes' Would Mean for Cyberbullying

By Alyson Klein — January 12, 2024 3 min read

AI is the latest weapon in the arsenal of school bullies

Sezen Bakan
Aug 16, 2023, updated Aug 16, 2023

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Opinion / Columnists

Baranyai: Deepfakes latest in continuum of cyberbullying

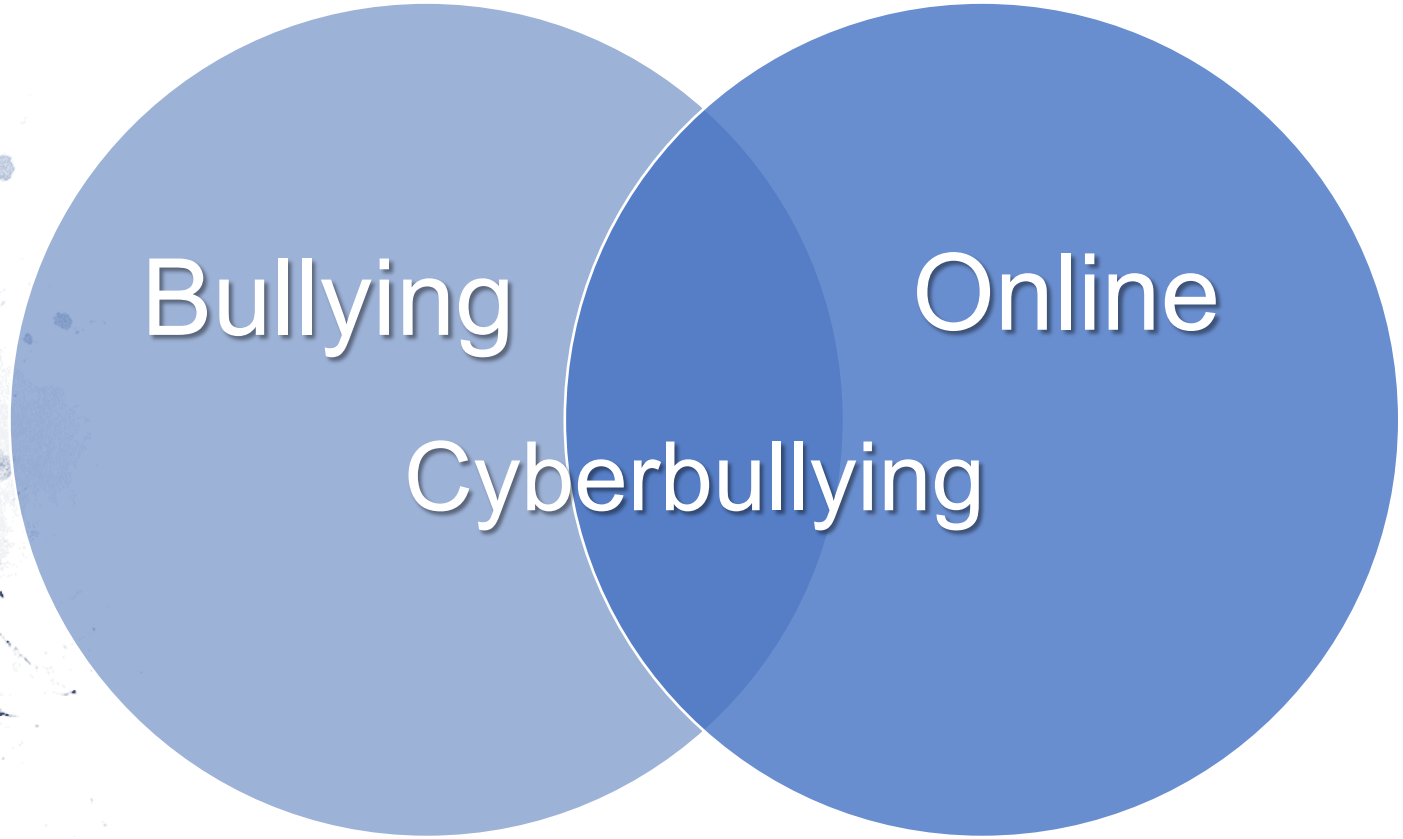
A widely expressed sentiment these days, mildly phrased, is that people making lewd deepfakes of Taylor Swift are hot garbage.

Robin Baranyai • Special to Postmedia News

Published Feb 04, 2024 • Last updated Feb 04, 2024 • 3 minute read

Join the conversation

Disinhibiting effect of the cyberworld



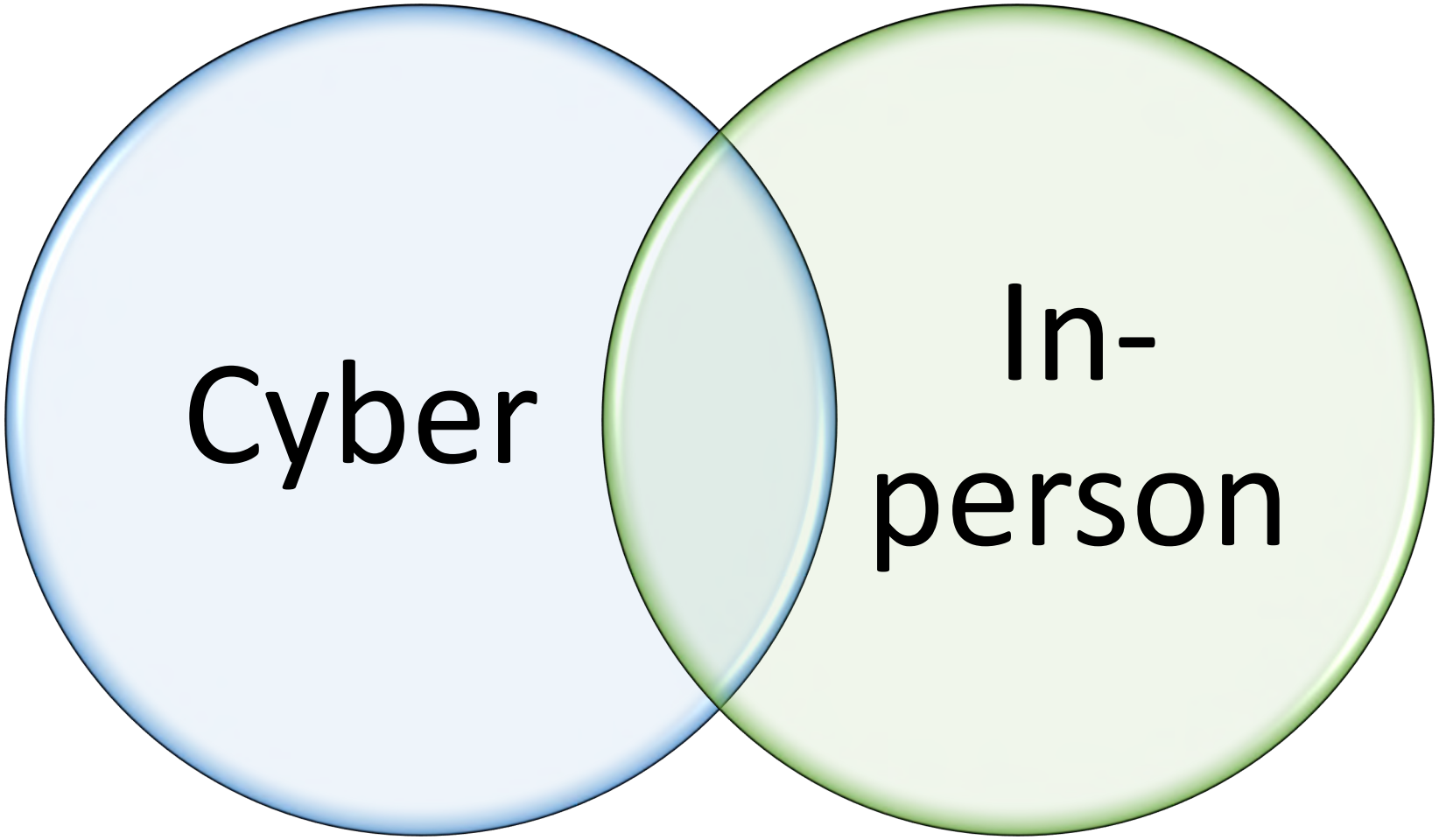
Features of the cyberworld

- Permanence
- 24/7 Accessibility
- Unlimited Audience
- Perceived Anonymity

1 in 3

youth in Canada experience cyberbullying

Youth who experience cyberbullying victimization are also at higher risk for in-person victimization



First Nations youth living off reserve report significantly higher rates of cyberbullying victimization than their non-Indigenous peers

Source: Statistics Canada 2023

Effects of Cyberbullying

Effects for youth who are cyberbullied

- Anxiety, Depression & Post-Traumatic Stress Disorder
- Poor performance & avoids school
- Aggression
- Substance Use

Effects for youth who use cyberbullying

- Anxiety, Depression & Post-Traumatic Stress Disorder
- Poor performance & avoids school
- Aggression
- Substance Use
- Rule Breaking

Journ Child Adol Trauma
DOI 10.1007/s40653-017-0163-y

ORIGINAL ARTICLE

Cyberbullying and Internalizing Difficulties among Indigenous Adolescents in Canada: Beyond the Effect of Traditional Bullying

Ryan Broll[1] · Caely Dunlop[2] · Claire V. Crooks[2]

This study found that the experience of cyberbullying among Indigenous youth was linked to more symptoms of depression and anxiety, over and above the effects of in-person bullying victimization.

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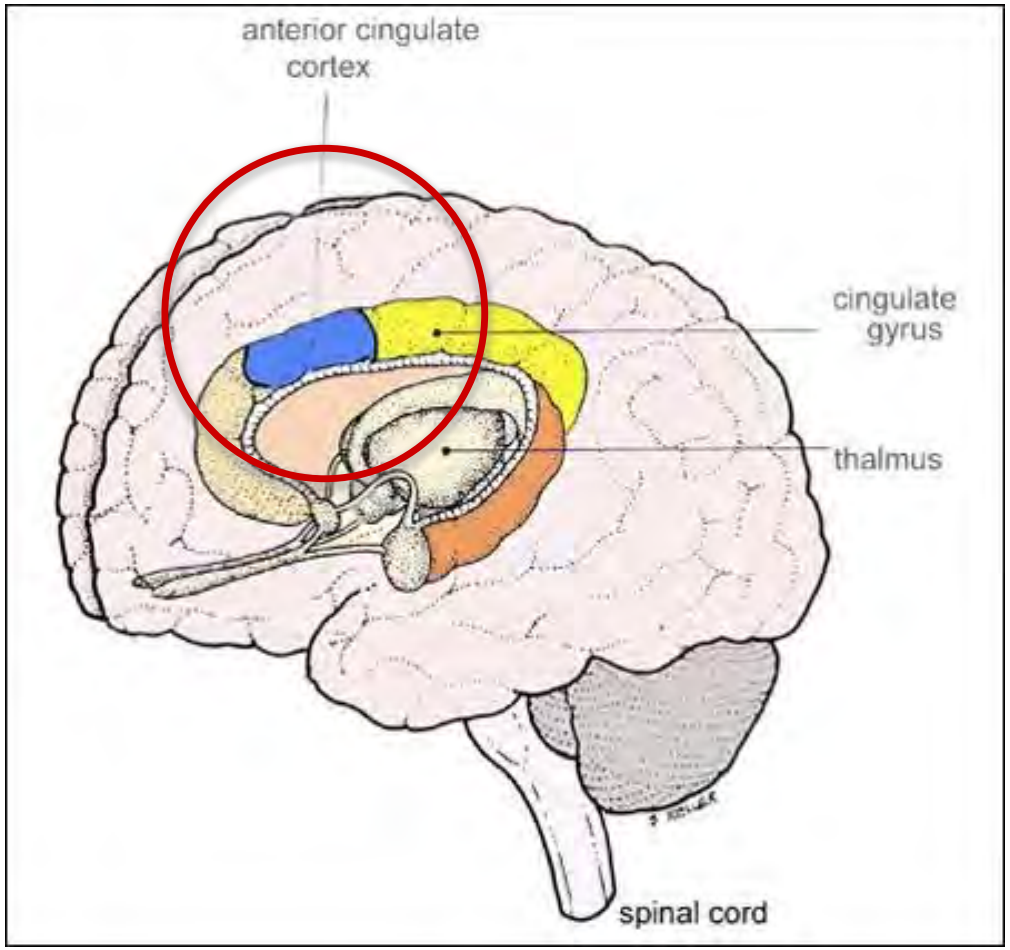
“Like 1000 paper cuts eating away at your soul”

Involvement in Cyberbullying influences Brain functioning



- Trauma response
- Brain scans students victimized and defenders
- Neural alarm

REPORTED BULLYING
UNREPORTED BULLYING?

Societal Power Imbalances

Dear Auntie:
I thought I had good friends, but recently on Facebook there have been a few people talking about me and spreading bad rumours. I don't want my friends and family to believe what these people are saying about me, but if I answer the rumours on Facebook the comments and lies about me just get worse. I feel like things are getting out of control and I am powerless to stop it. What should I do? I'm very upset about this.
Signed Virtually Bullied

Source: Windspeaker

Dear Virtually Bullied:

I am sad to hear you feel the bitterness of rumours online. It's terrible to have Facebook show which of your peers participates in being virtually rude and disrespectful. Whether you are in a small village or living in the urban rez there is a **wounded part of our community** that are the crabs in the bucket that pull at other people trying to get out or live in wellness.

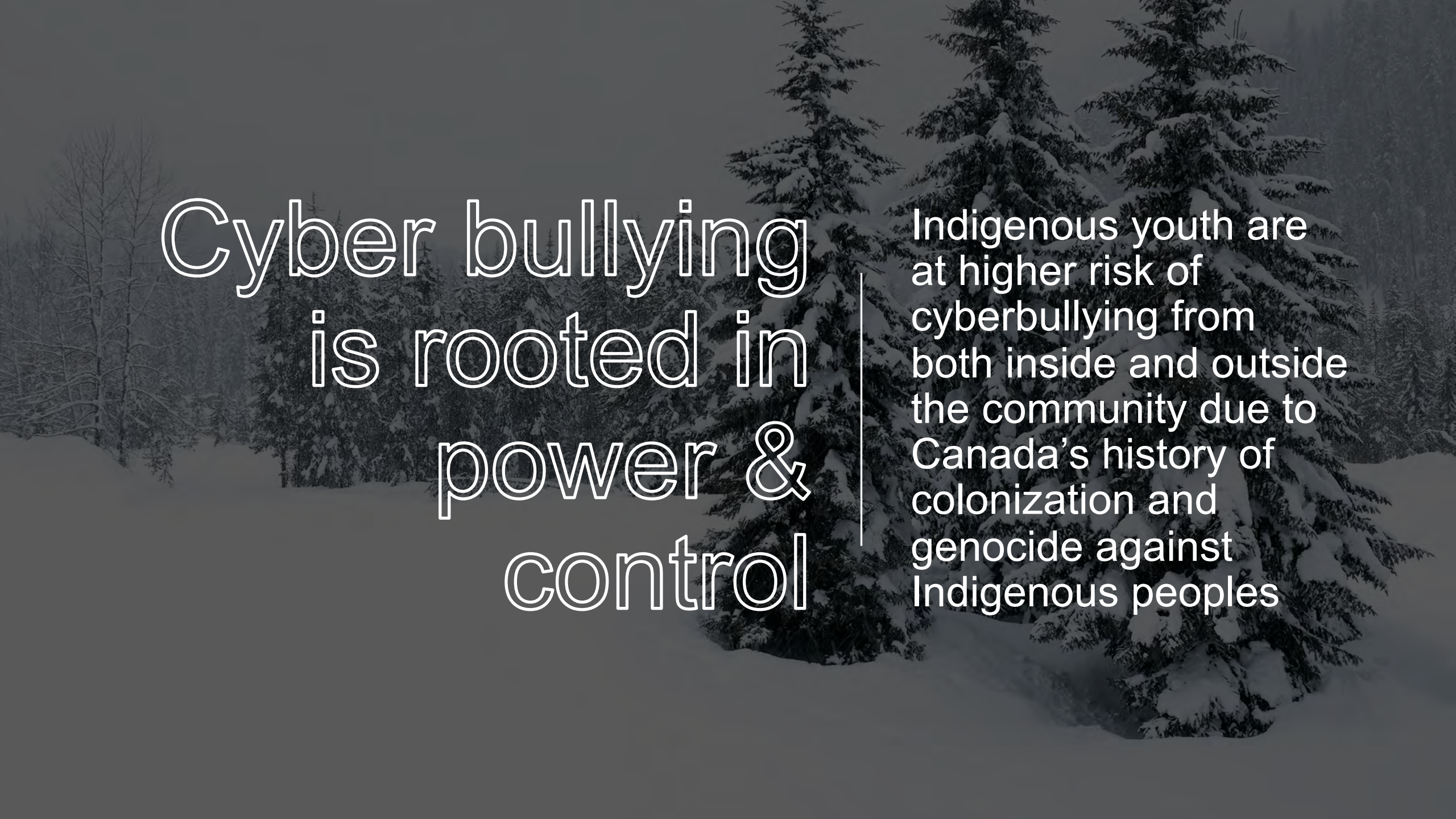
Being different, new or returning to the community, single or educated can be among the many reasons to be a target for being belittled and teased. **Insecurity and a need to feel in control is what drives the person spreading the rumour** because perhaps you have something someone else doesn't. You're a threat, unexpected competition and many other fear-filled reasons someone wants to put you in your place.

It is a pecking order attitude learned in residential school. **Generations of children were raised military-style with training based on who has power and authority.** An old school way of thinking that haunts our communities and holds people back from remembering the old ways of living well together.

Rumours are not cultural. Rumours have the bitter taste of jealousy, envy and reveal a whole lot of insecurity about the messenger. The messenger is puffed up with virtual courage and really showing off their small-mindedness online…

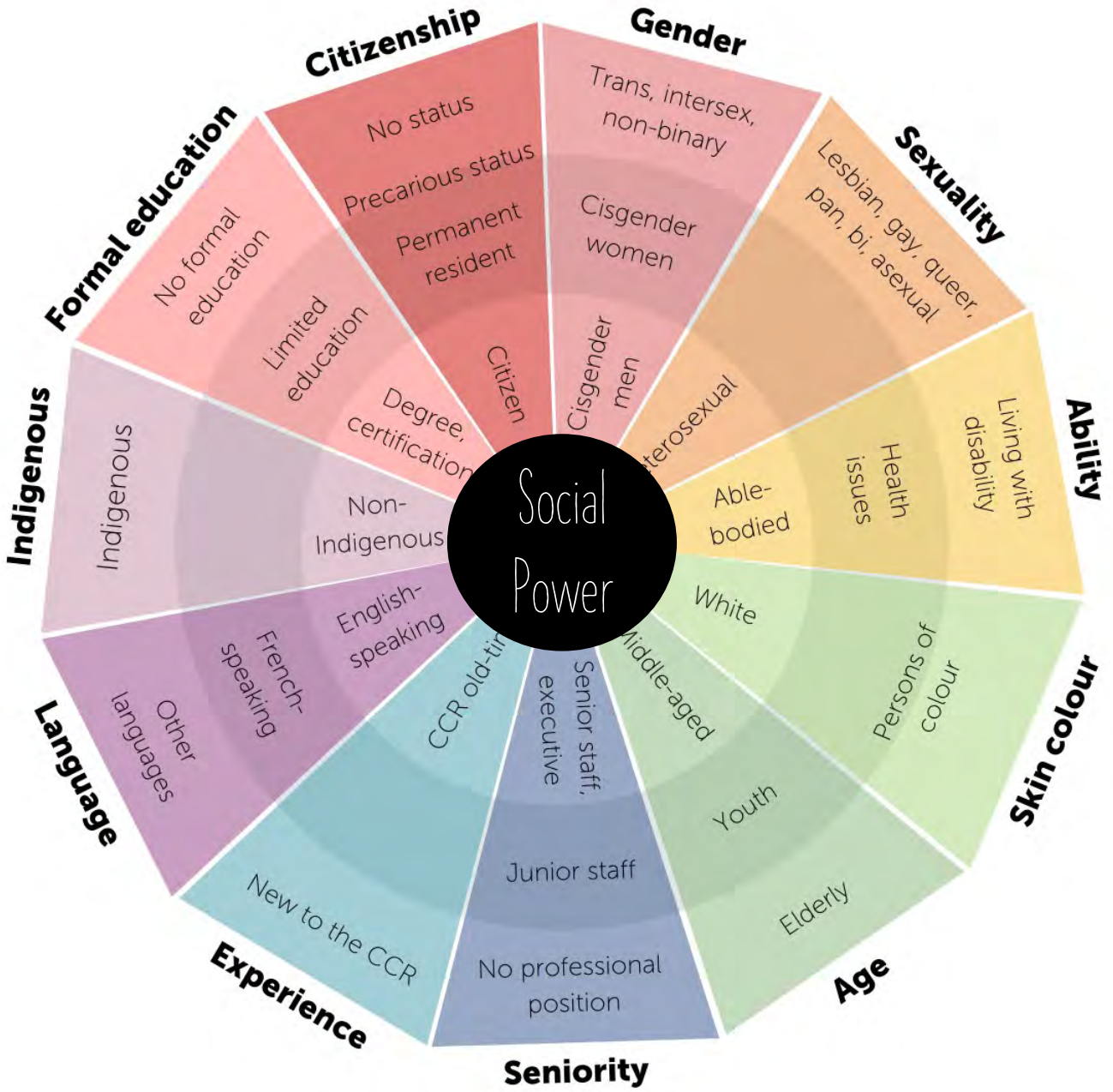
Lovingly Auntie

Source: Windspeaker



Cyber bullying is rooted in power & control

Indigenous youth are at higher risk of cyberbullying from both inside and outside the community due to Canada’s history of colonization and genocide against Indigenous peoples



Source: https://ccrweb.ca/en/anti-oppression

Strategies for Prevention & Intervention

What do youth want?

INTERNATIONAL JOURNAL of Indigenous Health

UNIVERSITY OF TORONTO
DALLA LANA SCHOOL of PUBLIC HEALTH
Waakebiness-Bryce Institute for Indigenous Health

Volume 13
Issue 1. A barrier-free health system for Indigenous Communities
https://doi.org/10.18357/ijih.v13i1.30267

Article 1

August 2018

Aboriginal Youth Experiences with Cyberbullying: A Qualitative Analysis of Aboriginal e-mentoring BC

Johanna Sam, MSc

Participants dealt with cyberbullying by…

- Reporting posts to friends or to adults (e.g., teacher, parent, principal, school counsellor, police)
- Deleting their account
- Enhancing security settings on their account
- Ignoring the bully
- Standing up for themselves
- Thinking before they post and not posting things they might regret later

I think it would just be good if there was actually a presentation made by a youth and presented by youth about these problems because we hear this all the time and how it's bad, but when something so negative is presented by a student to others I think it actually hits us. (wordless1)

Source: Sam et al., 2018

All adults can address and prevent

What Can I Do?

1. Be a healthy role model
    - Self awareness
    - Repair

Parent Challenges

What is normal?

How does it work?

What's hidden?

How to minimize risk, maximize benefit?

2. Use positive parenting practices

- Warmth
- Connection
- Boundaries
- Support
- Acceptance
- Trust
- Buffer stress not create it

3. Build Healthy Relationship Skills

– Give tools and mind sets

- Self reflect
- Emotional regulation
- Attention control
- Scaffold

4. Build Digital Literacy Skills
   - www.commonsensemedia.org
   - Co-play
   - Privacy
   - Consent
   - Impact

5. Recognize and identify signs

- Avoiding using the Internet and cell phones
- Appearing angry or depressed
- Withdrawing from friends and family,
- Not wanting to talk about online activities
- Trying to hide the screen when people are in the room.

What Can I Do?

6. Educate impacts and role
   - Talk with other parents
   - Co-play and co-learn
   - Restrictive approaches do not work but mediational ones do!

Create environments that youth feel safe disclosing cyber bullying

7. Intervene directly and provide support and resources

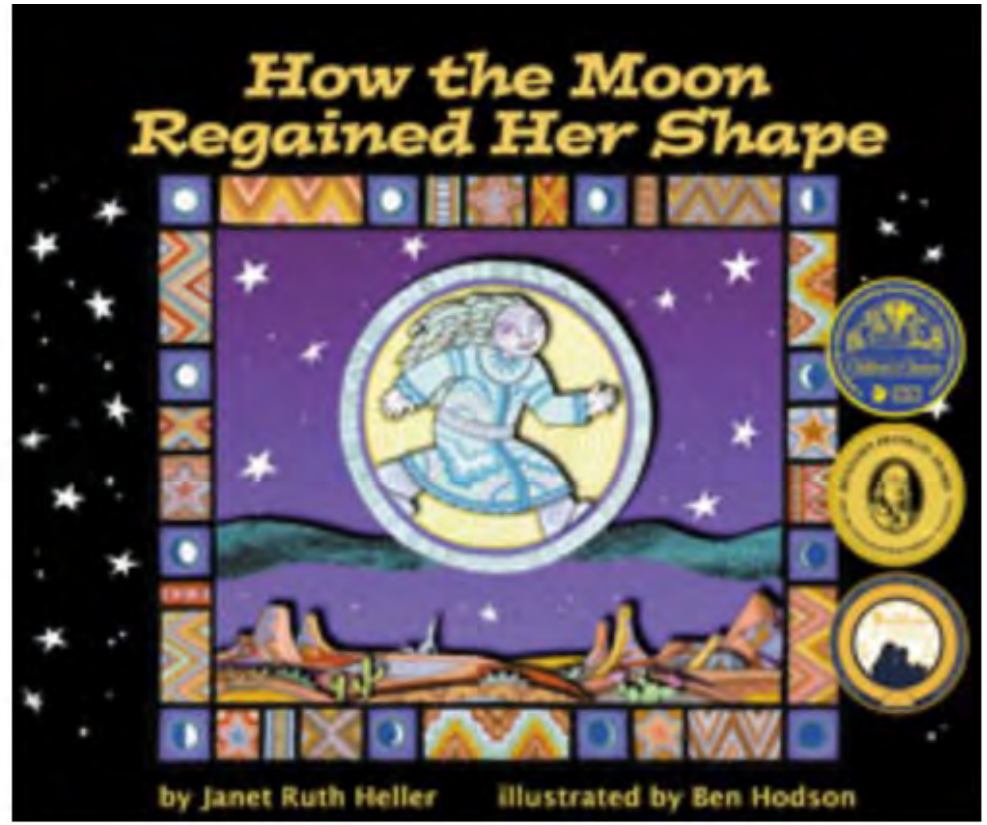
- Youth can feel traumatized if adults:
  - do not listen, respond, or intervene
  - blame or do not believe student
  - Non-judgemental
- Be realistic
- Work together

Building cultural connectedness

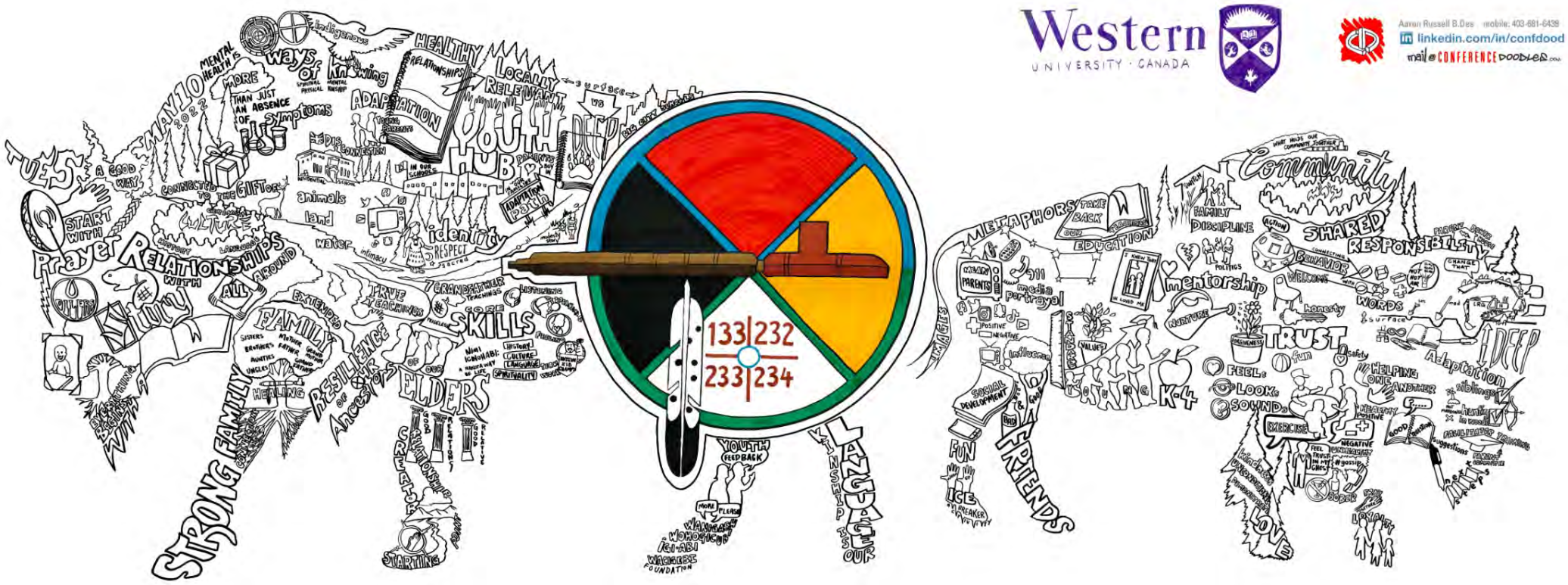
This is key to addressing the root causes of cyberbullying…

- Lack of belonging
- Not sure of First Nations identity
- Low self-worth
- Healing from hurt and trauma

= Need to build strengths & connectedness through community


How the Moon
Regained Her Shape
by Janet Ruth Heller
illustrated by Ben Hodson

Culture and Kinship: Relationships for youth mental health with Alexis Nakota Sioux Nation



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"Human beings of all ages are happiest and able to deploy their talents to best advantage" when they experience *trusted others* as "standing behind them"

More resources at **www.prevnet.ca**