Vanderbilt Health
Affiliated Network

Cyberbullying and Internet Safety:
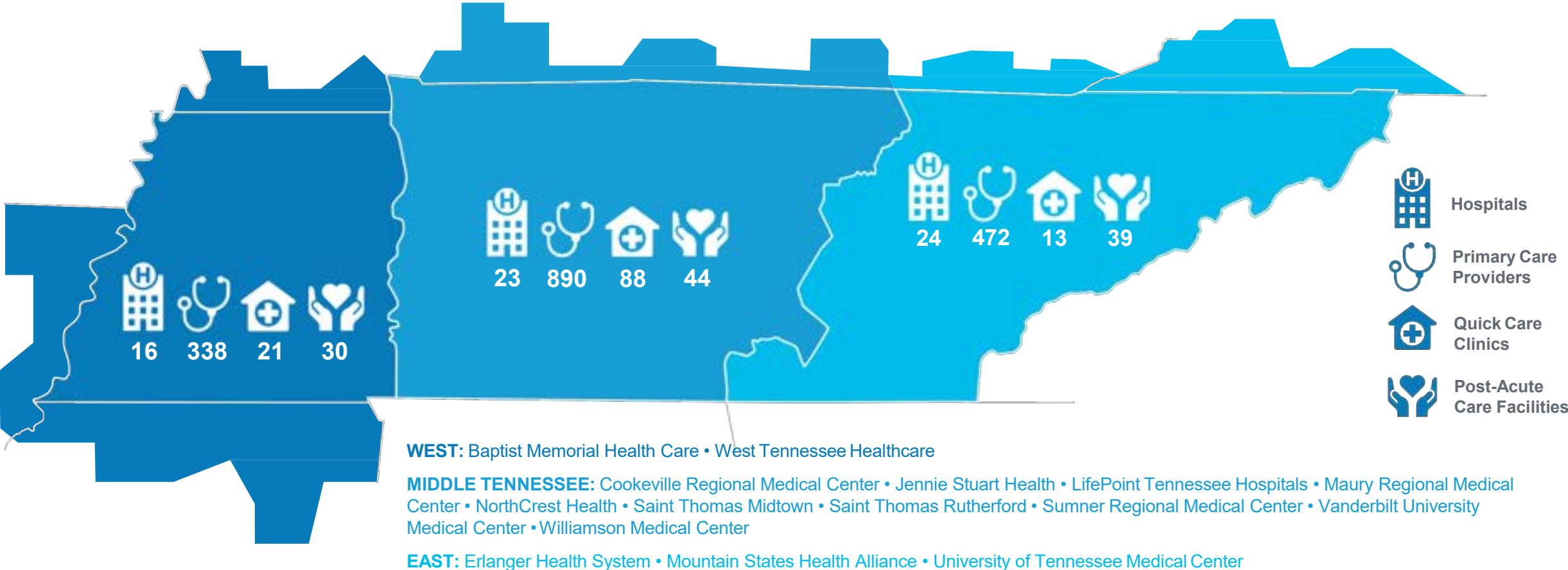
What to Know and How to Help

Housekeeping Notes

- Our goal is to have this be an interactive session, so please submit your questions throughout the presentation and we will be sure to answer as many as we can in the last 15 minutes.

- As a follow-up, we will send an email of the video recording and the presentation slides, along with links to resources discussed.

- We invite you to participate in the surveys featured after today's presentation.

- We'd love to hear from you! If we don't cover something, or if your question isn't answered, contact us.

Email us at memberinfo@vhan.com, and we will get you a response as soon as possible.

Vanderbilt Health
Affiliated Network

Vanderbilt Health Affiliated Network (VHAN)

The Vanderbilt Health Affiliated Network includes more than 6,200 clinicians, 70 hospitals, 13 health systems, and hundreds of physician practices and clinics working together to provide the best care, at the right time, and at the right cost.

Hospitals

Primary Care Providers

Quick Care Clinics

Post-Acute Care Facilities

WEST: Baptist Memorial Health Care • West Tennessee Healthcare

MIDDLE TENNESSEE: Cookeville Regional Medical Center • Jennie Stuart Health • LifePoint Tennessee Hospitals • Maury Regional Medical Center • NorthCrest Health • Saint Thomas Midtown • Saint Thomas Rutherford • Sumner Regional Medical Center • Vanderbilt University Medical Center • Williamson Medical Center

EAST: Erlanger Health System • Mountain States Health Alliance • University of Tennessee Medical Center

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Vanderbilt Health Affiliated Network

Today's Discussion

- Discussion on safety risks including grooming, cyberbullying and sexting

- How cyber safety risks can impact children/adolescent's mental health

- Rules to follow and tools to support parents

- How to engage your child in cyber safety discussion

- When and where to report inappropriate content and specific online safety concerns

POLL QUESTION

Has your child experienced cyberbullying or internet safety concerns?

Benefits and opportunities of media use

- Communication/collaboration from a distance

- Exposure to new ideas and learning experiences

- Raise awareness of current events and issues

- Provides tools to promote community participate and civic engagement

- Health benefits

American Academy of Pediatrics

What is Online Grooming?

- Online grooming is when someone befriends a child online and builds up their trust with the intention of exploiting them and causing harm.

- Harm caused by grooming can be sexual abuse, both in person and online, and exploitation to obtain sexually explicit images and videos of the child.

Offenders might…

- Send your child many messages

- Tell the child to keep their conversations a secret

- Ask questions to see if a child is alone in a room

- Send sexual messages that could be disguised as compliments or questions about past sexual experience

- Try to get personal information about the child or where they live

- Manipulate child to send photos or blackmail them with photos the child may have already sent

Signs of grooming

- Receiving gifts through the mail, like bus tickets, cell phones and webcams

- Calling unknown numbers

- Rejecting family and friends in favor of spending time online

- Getting upset when he or she can't get online

- Minimizing the screen or turning off the monitor when you come into the room

What can you do?

- Communicate

- Be preventative

- Pay attention

- Ask

What Can Our Kids Do?

Offender
Wanna trade ?

Child
trade?

Offender
Like nudes ???? I'll go first

Child
NO hahaha

Offender
<Photo sent >

Child
bye your gross. keep some clothes on lol

Child stopped communicating and made a report to the social networking site, which in turn reported to the CyberTipline.

REPORT TO CYBERTIPLINE

- Anyone who sends your child photos or videos containing obscene content
- Anyone who asks your child to send sexual images
- Anyone speaking to your child in a sexual manner
- Anyone who asks your child to meet in person

NATIONAL CENTER FOR
MISSING & EXPLOITED CHILDREN

CyberTipline
CyberTipline.org • 1-800-THE-LOST

NetSmartz

Report at **www.CyberTipline.org** or call **1-800-THE-LOST**

What is sexting?

Sexting is sending or posting nude or partially nude images

Why do kids sext?

- They think it might be funny

- Flirting, showing affection

- Impress a peer who may or may not have asked for the picture

- Peer pressure

- Curiosity and experimenting with relationships

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Video Series

1. https://youtu.be/pGkaw44-Ql4

2. https://youtu.be/J4F1z1lsx3k

3. https://youtu.be/pWa16Pkpaoc

4. https://youtu.be/DDiuR819EVU

Possible outcomes of sexting

- Humiliation

- Bullying

- Blackmail

- School problems

- Legal issues

- Police involvement

Tips for talking to your child about sexting

- **Start the discussion** on healthy sexual relationships even if you don't think sexting has impacted your child or your community.

- **Use examples appropriate for your child's age** when providing information and guidance. Be very specific—especially with teens—that sexting often involves pictures of a sexual nature, including nude and seminude photos and sexual activities.

- Make sure kids of all ages understand that **sexting is serious and considered a crime** in many jurisdictions.

- Makes sure kids know **never to forward an image** should they receive.

- Inform your children that **texts, images, and videos on the internet can remain there forever**, even if posted on apps that "delete" after a short duration.

- If you suspect inappropriate behavior, **monitor their cell phones and check in with them** about who they are communicating with.

Bullying
+
Technology
=
Cyberbullying

Cyberbullying Examples

- Sending mean messages to someone

- Sharing embarrassing pictures of them

- Making up and spreading untrue stories about them

Cyberbullying can take place through text messaging, on social media sites, apps, e-mail, web forums or multi-player online games

Cyberbullying differs from regular bullying in several ways

1. Spreads quicker

2. Larger audience

3. There is no escape

Warning signs of Cyberbullying

If your child is being cyberbullied, they might:

- Suddenly stop using their computer or cell phone

- Act nervous when receiving a text or any type of electronic message

- Seem uneasy about going to school

- Withdraw from friends and family

Potential impacts of being cyberbullied

- Academic struggles (focus, truancy)
- Lower self esteem
- Sleep struggles
- Depression
- Anxiety
- Increased risk of suicide ideation

What should I do if my child is bullied online?

- **The Takeaway.** Don't threaten to take away your child's device or cut their time online. They may see this as punishment and be less willing to tell you about bullying situations in the future.

- **Document.** If there is online evidence, save a screenshot. This may be helpful if it becomes necessary to report the event.

- **Support.** Talk with your child about the experience. Studies show that having just one person listen and support kids who have been bullied helps them better able to handle the situation in a healthy way.

- **Report.** Most social media platforms have a process for reporting bad behavior. If a classmate is bullying, you can report it to the school. If the bullying involves threats of physical harm, you should report to the police.

When to report cyberbullying to law enforcement

When cyberbullying involves these activities, it is considered a crime and should be reported to law enforcement:

- Threats of violence

- Child pornography or sending sexually explicit messages or photos

- Taking a photo or video of someone in a place where he or she would expect privacy

- Stalking and hate crimes

Stopbullying.com

Those that bully…

If your child is cyberbullying others:

- Talk to your child to get all the facts: "be curious, not furious"

- Consider probing further into devices and accounts

- Look for underlying problems that could be impacting the child

While there should be consequences, **solutions are more important than punishment.**

Those that bully…

Likely to experience:

- Academic struggles (suspended/expelled)

- Behavioral problems

- Hyperactivity

- Substance use

- Depression

- Increased risk of suicide ideation

To help prevent your child from cyberbullying, you can:

- Establish expectations for online behavior

- Set consequences for cyberbullying

- Model good online behavior yourself

The Bystander

- Discuss your expectation with your child should they observe cyber bullying

- Encourage them to stand up for the victim if it is safe

- Help them report the bullying to the website or a trusted adult at school

How to be preventative for online safety

- **Discuss digital citizenship.** Talk with your children about being respectful online. Remember, you are a role model. If you use social media yourself, be sure to set a good example of positive online interactions.

- **Check in early & often.** Ask your children about what kind of messages they are seeing, sending, and getting, and how they feel about them. Early experiences online are important and can set the tone and expectations your child has going forward.

- **Make a plan.** Use a family media plan to set guidelines and rules that are important to your family.

- **Use parental controls.** Most cell phone carries have options available

Summary

If you are concerned your child is being sexually exploited online:

- wwwCyberTipline.org
- 1-800-THE-LOST

If your child is being cyberbullied:

- Block the person doing the bullying
- Report to the media platform
- Consider saving evidence
- Alert the school if the offender is a classmate
- Consider contacting police pending incident details

If your child sent a sext that has been shared:

- Report it on any media platforms
- Report on Cybertipline.org
- Talk to the school
- Gain support

Resources

https://report.cybertip.org/
- Report sexual exploitation of a child

http://healthychildren.org
- Create a family media plan (helps identify online values/expectations, tech free zones)
- Media time calculator
- Charts on age-appropriate internet use

https://www.cybercivilrights.org/online-removal/
- Step by step instructions on how to report internet violations on major platforms

www.stopbullying.gov

https://www.missingkids.org/netsmartz/home
- Wealth of resources geared towards parents, teachers and other providers
- Printable tip sheets on various cyber risks
- Classroom activities

Questions?

References

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American Academy of Pediatrics.