

# Welcome To The Gemini IBD® Cybersecurity Newsletter

CYBERBULLYING

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## The Effects Of Cyberbullying On Children

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## WELCOME TO THE GEMINI IBD® INFOGRAPHICS NEWSLETTER

In our last newsletter, we examined the following about Cyberbullying:

- The Differences Between Normal Bullying and Cyberbullying.
- The Different Kinds Of Cyberbullying.
- The General Effects Of Cyberbullying.
- The Statistics On Cyberbullying.
- The Various Laws On Cyberbullying.

In this newsletter, we focus on our nation's most valuable asset: The Children Of America. Unlike in the era we grew up in, the kids of today have access to all things and devices that will allow them to connect to the Internet. Although this can have some benefits, there are also severe drawbacks to this, especially when it comes to Cyberbullying. Gone are the days when kids had to be in close proximity with one another in order for the bullying to happen.

Now, it can occur thousands of miles away, and even in different countries. We must take more proactive steps to protect our innocent children, and this will be addressed.



## The Statistics Of Cyberbullying On Kids

Cyberbullying is a huge problem, even on a global scale. Consider these statistics:

### Statistics By Country

- “34% of British adolescents have experienced bullying in mobile games.
- In Myanmar, victims of cyberbullying were teased for having trouble concentrating and understanding lectures.
- Japanese adolescents ages 12 to 18 are more likely to experience future health and social problems if victimized by cyberbullying.
- 25 of people ages 14 and older who experience cyberbullying in Russia say the motive is sexual orientation, internet activity, or physical appearance.
- Foreign-born youths in wealthy countries experience more bullying than those who were born locally.
- 17% of parents in the UK report their child being cyberbullied.”

(SOURCE: 1).

### Social Media & Cyberbullying

- “31% of young adults report that their peers misunderstand their texts or social media posts.
- Romanian students are more likely to experience cyberbullying if they use social networking sites for two or more hours per day.
- 9% of young adults report people posting embarrassing pictures of them on social media sites without permission.
- Children ages 9 to 10 are more likely to be bullied on gaming websites, while teens ages 13 to 16 are more likely to be affected by cyberbullying on social media.
- 42% of adolescents have experienced cyberbullying on Instagram, and 37 percent of them have experienced bullying on Facebook.
- 38% of people see instances of cyberbullying on social media daily.”

(SOURCE: 1).

## Cyberbullying In The Schools

- “9% of students ages 12–17 admit they’ve pretended to be someone else online.
- Cyberbullying is the #1 online safety concern for teachers.
- 25% of students report having skipped school because of cyberbullying.
- Bullying in schools happens most often during 6th grade, accounting for 29% of incidents.
- Schools with policies that do not allow cell phone use during school hours have a higher rate of daily and weekly cyberbullying.”

(SOURCE: 1).

## The Total Number Of Cyberbullying Cases On A Global Basis

- “33% of youth across the globe experience bullying online.
- 70% of students with a physical disability report being cyberbullied.
- Girls are 1.3 times more likely to be cyberbullied than boys.
- 49% of LGBTQ+ students have experienced cyberbullying.”
- 18% of students report being a target of cyberbullying in the United States.

(SOURCE: 1).

## Kids & Cyberbullying

- “13% of teens have experienced someone pretending to be them online.
- 25% of students recount being cyberbullied by mean and hurtful comments.
- 22% of middle school and high school students reported having rumors spread about them online.
- 6% of children admit to cyberbullying their peers.”

(SOURCE: 1).

## Mitigating The Risks Of Cyberbullying

Like Cyber-attacks, Cyberbullying can really never be prevented 100%. But what parents can do is to mitigate the risk of that happening to their kid. Look closely at these Top 10 Tips:

1) Apply boundaries:

Place severe restrictions and permissions on technology use as soon as your kids are able to access electronics, such as smart phones. Prevent your kids from becoming too attached to their devices and phones, by developing by differentiating their human self from their digital identity. This makes it easier for your children to disengage from risky or hurtful online communication as they age.

2) Have and maintain an open channel of communication for your kids:

Encourage them to come to you with questions about relationships at school and/or activity online. Come up with a “Declaration of Rights and Responsibilities” detailing what behavior what is acceptable behavior online.

3) Break the ice for deeper conversations:

At the appropriate time, discuss personal or national stories about cyber bullying and other forms of online risks with your whole family. Use this for more thought-provoking conversations about what is and isn't okay online—and what you and your family can do during an unsafe situation. For example, ask how your kids might react to and respond to certain incidents.

4) Teach your kids that mental illness is a real disease:

Kids with depression, anxiety and other psychological conditions are often prime targets for bullies. Teach them that that mental illness is just like any other physical sickness. If your kid or someone they know is struggling with mental illness, make sure they get the right help, and that seeking this does not make them a bad or flawed person.

5) Watch for behavioral changes:

Some of the typical signs of being the victim of Cyberbullying include isolation, withdrawal, and aversion to activities or social situations your kids previously enjoyed in. ***If this happens, immediately seek help!!!***

6) Watch out for signs of excessive time being spent online, or with their personal devices:

If you spot an uptick in online activity, or note that your child seems increasingly or emotionally preoccupied with their phone or computer, ***this is a warning sign.*** If you do need to check your child's online account, discuss your concerns and plans with them beforehand (or immediately afterward, if the situation is truly urgent). Work with them in figuring out what to do next.



7) Be calm, compassionate, and understanding:

If your child brings up an instance of cyber bullying or unsafe online activity, show a loving attitude. **Do not scold or punish them, or talk down to them!!!** It is important that you work together as a team to decide actions that need to be taken.

8) Always find the time to talk:

If you observe any behavioral or emotional changes in your kid, approach the subject during a low-stress, private setting when both you and your child. Keep things as non-dramatic and non-judgmental as possible.

9) Ask them directly what they want:

If your child is experiencing emotional distress Cyberbullying situation, ask them about the outcome that they want to see happen, and from there, work together to brainstorm a solution.

10) Think about the long term:

Consider helping to organize school-wide, student-led events and initiatives on cyber bullying, and discuss possible activities and events with school administrators. Also, reach out to your church communities. These kinds of activities will help to build awareness and engage children in combatting social media risks and other such mediums.

(SOURCE: 2).

## Group Effort Is Key

As a parent, although it is very imperative to protect your own kids, another great way to further mitigate the risks of Cyberbullying is to form groups with other parents and launch campaigns.

This is actually a very effective to combat it, consider these statistics:

- “Bullying programs are more effective when the participants volunteer rather than being nominated.
- 76% of public schools report providing training for teachers around physical, social, and verbal bullying behaviors.
- Anti-bullying programs reduce cyberbullying perpetration by 10%–15% and cyberbullying victimization by 14%.
- 50% of anti-bullying programs have significant effects on reducing bullying behaviors.
- Self-reported peer relationships improve with the presence of anti-bullying intervention programs.
- 31% of students report the best way to stop cyberbullying is by blocking the user”.

(SOURCE: 1).

To see a scientific study of the effectiveness of working together as a community, click here:

[http://cyberresources.solutions/Infographics/GROUP\\_EFFECT\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/GROUP_EFFECT_CYBERBULLYING.pdf)



## Conclusions- The Macro Effects Of Cyberbullying

- “Students who are bullied are 3x as likely to engage in school violence and delinquency.
- Only 46% of students report bullying incidents to an adult.
- Only 8% of public schools report that staff resources are used to handle cyberbullying incidents.
- Young adults who experience cyberbullying are 2x as likely to self-harm and execute suicidal behavior.
- 25% of students who experienced bullying turned to self-harm to cope.
- 29% of teens do nothing when they’re cyberbullied”.



(SOURCE: 1).

In the end, Cyberbullying affects everybody, all the way from kids to adults, and in all sorts of venues. The key lesson here is that if you feel that you are being Cyberbullied, then you should report it, either to a teacher or even law enforcement. You can always disconnect from that person who is attacking you on Social Media. Just be careful what and how much you post on Social Media or any other type or kind of public form to help mitigate the risks of you being Cyberbullied.

### **Sources**

- 1) <https://www.pandasecurity.com/en/mediacenter/family-safety/cyberbullying-statistics/>
- 2) <https://www.fosi.org/good-digital-parenting/10-tips-protect-your-child-cyber-bullying>

### **Other Sources**

There is a ton of information about Cyberbullying and kids, but here are some key resources you should use:

- For a comprehensive, parental guide click here:  
[http://cyberresources.solutions/Infographics/PARENTS\\_GUIDE\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/PARENTS_GUIDE_CYBERBULLYING.pdf)
- The grades between elementary and school and junior high can be amongst the worst years for Cyberbullying. To download a comprehensive guide on this, click here:  
[http://cyberresources.solutions/Infographics/GRADES\\_6\\_to\\_8\\_GUIDE\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/GRADES_6_to_8_GUIDE_CYBERBULLYING.pdf)
- The “Tween” years (ages 9-12) are just as bad, if not worst for Cyberbullying. To download a guide on this, click here: CREATE LINK TO:  
[http://cyberresources.solutions/Infographics/TWEEN\\_GUIDE\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/TWEEN_GUIDE_CYBERBULLYING.pdf)
- Cyberbullying can impact kids at any age. For an all-purpose, parental guide on this, click here:  
[http://cyberresources.solutions/Infographics/PARENTS\\_GUIDE\\_CYBERBULLYING\\_ALL\\_AGES.pdf](http://cyberresources.solutions/Infographics/PARENTS_GUIDE_CYBERBULLYING_ALL_AGES.pdf)
- Cyberbullying is not just age dependent. It has effects also on the different genders. To download a research study on this, click here:  
[http://cyberresources.solutions/Infographics/GENDER\\_GUIDE\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/GENDER_GUIDE_CYBERBULLYING.pdf)
- Cyberbullying can have physical effects on kids, but the worst are the mental effects. To download a scientific study on this, click here:  
[http://cyberresources.solutions/Infographics/MENTAL\\_EFFECTS\\_GUIDE\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/MENTAL_EFFECTS_GUIDE_CYBERBULLYING.pdf)
- For a comprehensive Resource Center on Cyberbullying and kids, click here:  
[http://cyberresources.solutions/Infographics/RESOURCE\\_CENTER\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/RESOURCE_CENTER_CYBERBULLYING.pdf)

- Imagine your kid has a smartphone and it gets infected purposely with a malicious payload. This is also Cyberbullying. For more information on this, click here:  
[http://cyberresources.solutions/Infographics/CYBER\\_ATTACK\\_EFFECT\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/CYBER_ATTACK_EFFECT_CYBERBULLYING.pdf)
- Cyberbullying can have a huge impact on kids transitioning from teenage years to extremely young adult hood. For more information on this, click here:  
[http://cyberresources.solutions/Infographics/COLLEGE\\_YEARS\\_EFFECT\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/COLLEGE_YEARS_EFFECT_CYBERBULLYING.pdf)
- Even the Socio-Economic factors of kids can make them more prone to Cyberbullying. To download a whitepaper on this, click here: CREATE LINK TO:  
[http://cyberresources.solutions/Infographics/SOCIO\\_ECONOMIC\\_FACTORS\\_EFFECT\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/SOCIO_ECONOMIC_FACTORS_EFFECT_CYBERBULLYING.pdf)
- Kids are a product of their home environment. Thus, the way they behave can have an impact if they become a victim of Cyberbullying. For more information on this, click here:  
[http://cyberresources.solutions/Infographics/KIDS\\_BEHAVIOR\\_EFFECT\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/KIDS_BEHAVIOR_EFFECT_CYBERBULLYING.pdf)
- Finally, the worst place for Cyberbullying to take place is on Social Media. For a complete guide on this, click here CREATE LINK TO:  
[http://cyberresources.solutions/Infographics/SOCIAL\\_MEDIA\\_EFFECT\\_CYBERBULLYING.pdf](http://cyberresources.solutions/Infographics/SOCIAL_MEDIA_EFFECT_CYBERBULLYING.pdf)