Cyberbullying and cyberstalking

Month 4 Meeting 8

As technology becomes more integrated into daily lives, real-life problems and online problems become connected as well. According to the Cyberbullying Research Center, about one out of every four teens has experienced cyberbullying, while one of every six teens has cyber bullied others. In this lesson, students will discuss cyberbullying, cyberstalking, and adjacent issues.

CYBER SWAT

Objectives
- Define and identify cyberbullying
- Define cyberstalking
- Explain bystander effect
- List three resources to help address cyberbullying and cyberstalking concerns

Materials
- Printable handout: resource map
- Cyber Safety Awareness Week preparation checklist

Agenda

This week's team meeting plan covers some heavy content. Rather than suggested activities, this plan will introduce students to resources, key terms, and leave room for student-oriented discussion. SROs should consider the best way to facilitate a discussion with their team that addresses these sensitive issues in a safe and respectful manner. Be ready to jump in and make sure everyone feels safe at all times. Remember, team members with personal or secondary experience with this topic will need an advocate.

Key Terms

Cyberbullying: "the willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices" (Cyber Bullying Research Center).[8] Similar acts toward and individual who is 18 or older constitute *cyber harassment*.

Cyberstalking: an act wherein an individual repeatedly uses the internet, computers, or other electronic devices to engage in threatening or harassing behavior. Cyberstalking may incur both criminal penalties and civil actions (The National White Collar Crime Center).[9]

Coercive control: "a deliberate and systematic pattern of behavior designed to limit a person's freedom and ability to act on their own needs, values, and desires and to create a threat of harm to compel compliance" (University of Kentucky).[10]

Bystander effect: a phenomenon where people are less likely to offer to help a victim when other people are present (Economic and Social Research Council).[11]

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Discussion topics
- Does the school have a specific policy that address bullying? If so, does it distinguish between in-person and cyberbullying? Do you have a Safe Contacts Policy in your school? Does this policy cover racism and discrimination too?
- Have you ever been the bully? What can you do to make sure you aren't bully?
- Do you know what to do if you witness bullying?
- When is it appropriate to get an adult involved?
- What should you do if you are experiencing cyberbullying or cyberstalking?
- Do you feel like your peers understand the consequences of cyberbullying? How can peers hold each other accountable when they witness this type of behavior?
- How can the adults in your life (teachers, parents, leaders, etc.) help support teens who are experiencing cyberbullying?
- Have you ever been a bystander? How can you prepare yourself to stand up to bullying next time you see it

Things to consider
- Double check the laws and policies in your school and state around bullying, cyberbullying, and cyberstalking.
- Assume that at least one of your team members has a personal experience with this content.
- It may be helpful to explain upfront that you are a mandated reporter, and therefore are required to follow-up on any disclosures of abuse that may arise during the discussion.

Projects
Continue the planning for Cyber Safety Awareness Week. By now you should have:
- An update on each member's assigned tasks
- Drafts of presentations

Additional Resources
- Trauma informed practices: http://www.icjia.state.il.us/articles/trauma-types-and-promising-approaches-to-assist-survivors
- SPARC- The Stalking Prevention, Awareness, and Resource Center: https://www.stalkingawareness.org/
- Victim Connect Resource Center: https://www.teamcyberswat.org/students/
- STOMP Out Bullying HelpChat Line: https://www.stompoutbullying.org/get-help/helpchat-line/
- National White Collar Crime Center: Our Children, Our Problem: https://www.nw3c.org/online-training/online-course-detail/105