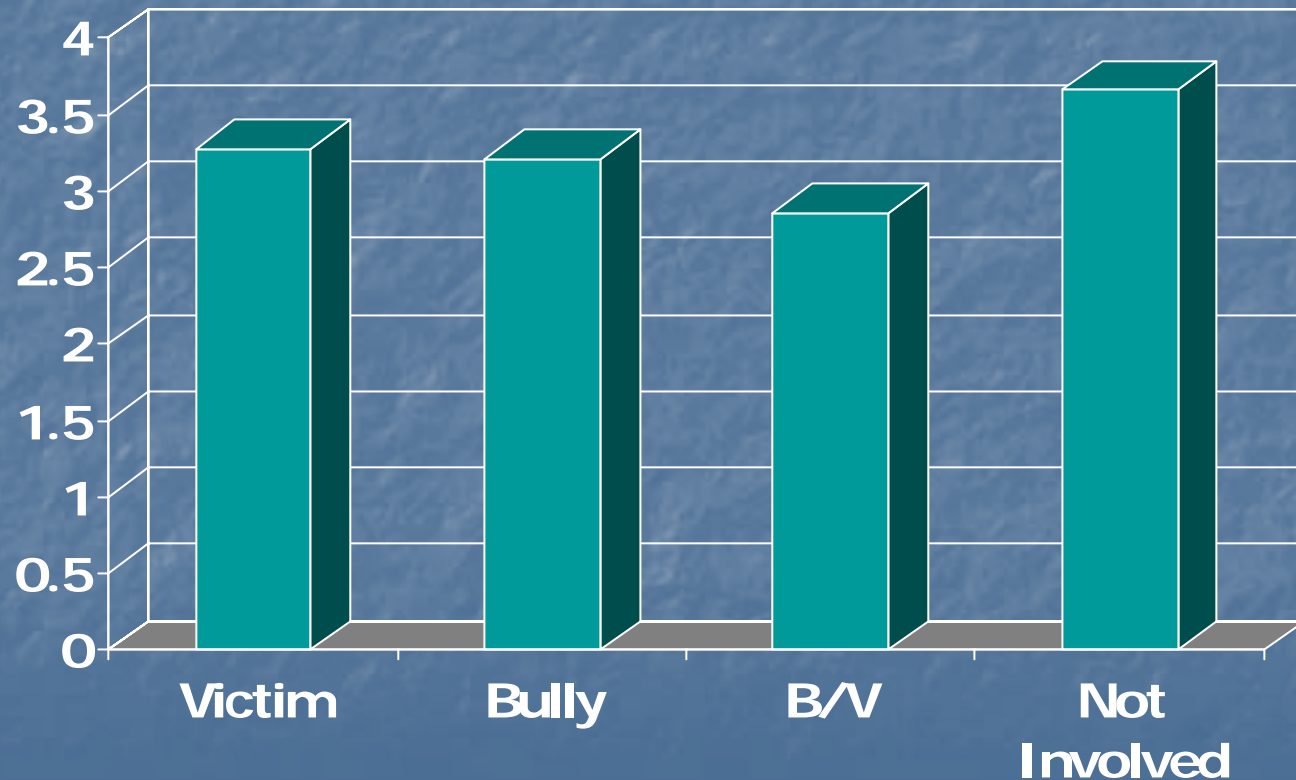


Why should parents and educators be concerned about cyber bullying?

Research from Kowalski, R. and Limber, S.
Presented at the International Bullying Prevention
Association Conference, November 2007

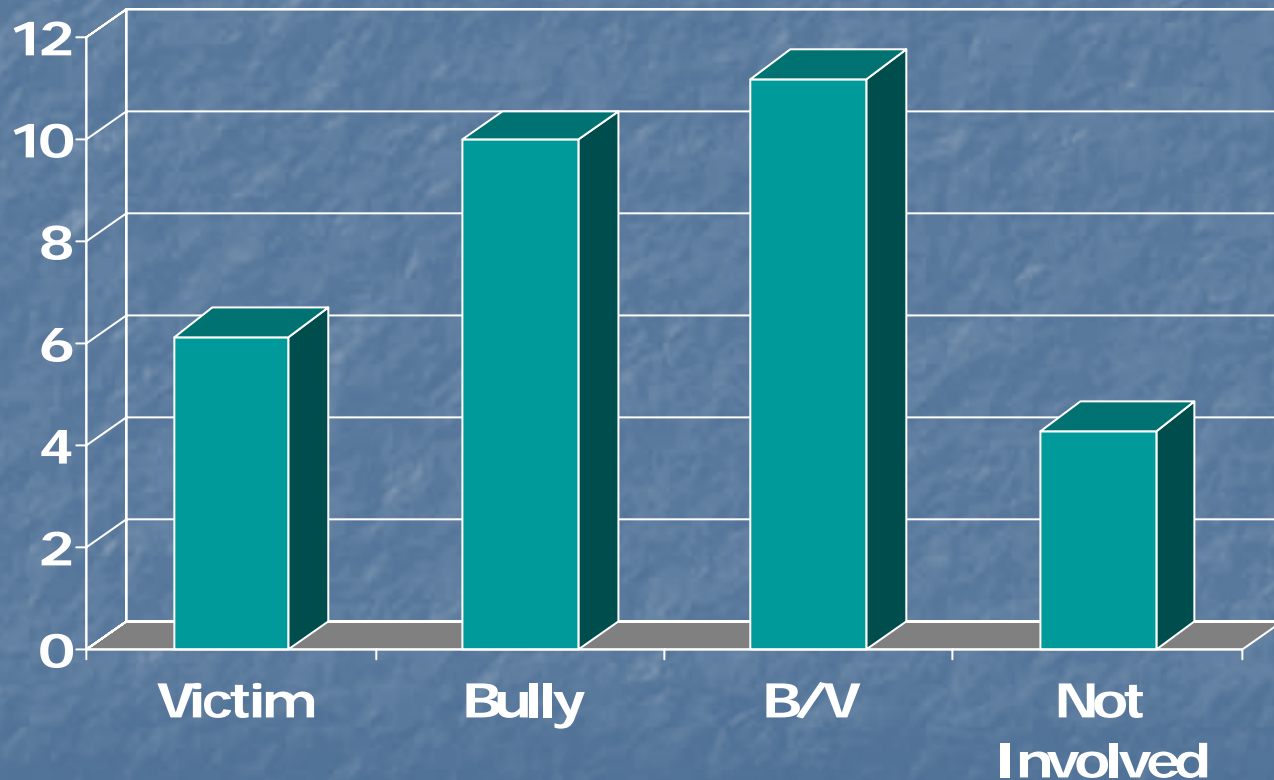
Effects: Self-Esteem and Cyber Bully Group (slide 1)



Explanation of Slide 1

- As with traditional bullying, individuals who are both cyber bully victims and perpetrators had significantly lower self-esteem than members of the other three groups. Not surprisingly, individuals not involved in cyber bullying had the highest levels of self-esteem.

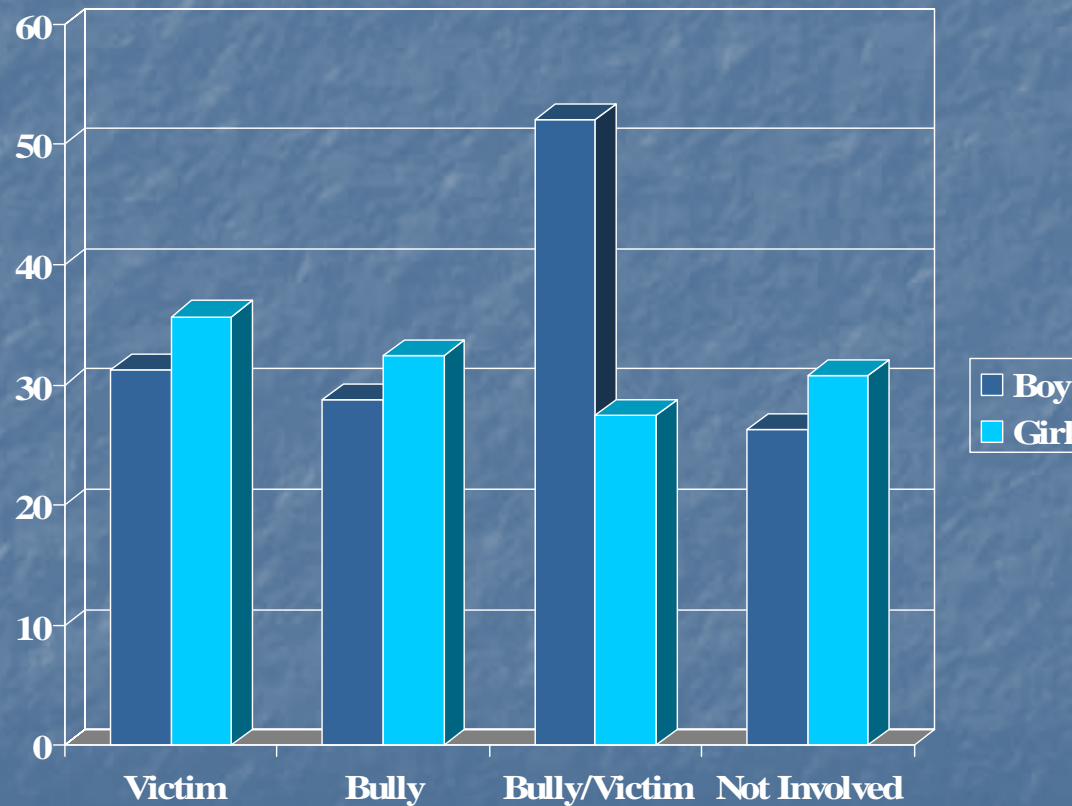
Effects: School Absences and Cyber Bully Group (slide 2)



Explanation of Slide 2

- Middle school children in the electronic bully/victim group had a significantly higher number of school absences than children in the other three groups, particularly compared to victims of cyber bullying and children not involved in cyber bullying at all.

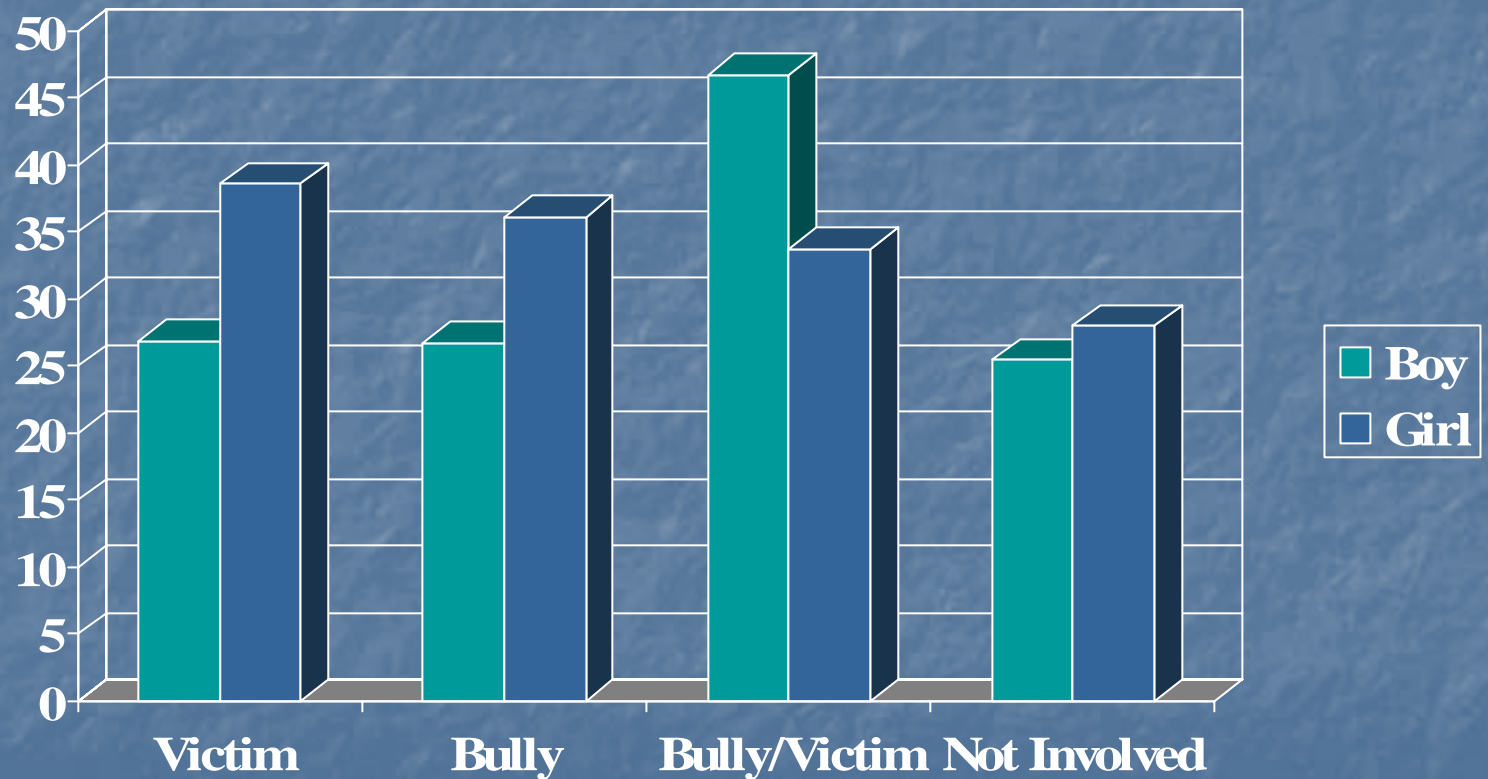
Effects: Anxiety by Cyber Bully Group (slide 3)



Explanation of slide 3

- The effects of cyber bullying on anxiety (as measured by the Beck Youth Anxiety Inventory) varied not only with the particular group participants belonged to but also with the individual's sex. Boys in the bully/victim group showed elevated scores on anxiety relative to children in any of the other conditions and relative to female bully/victims.

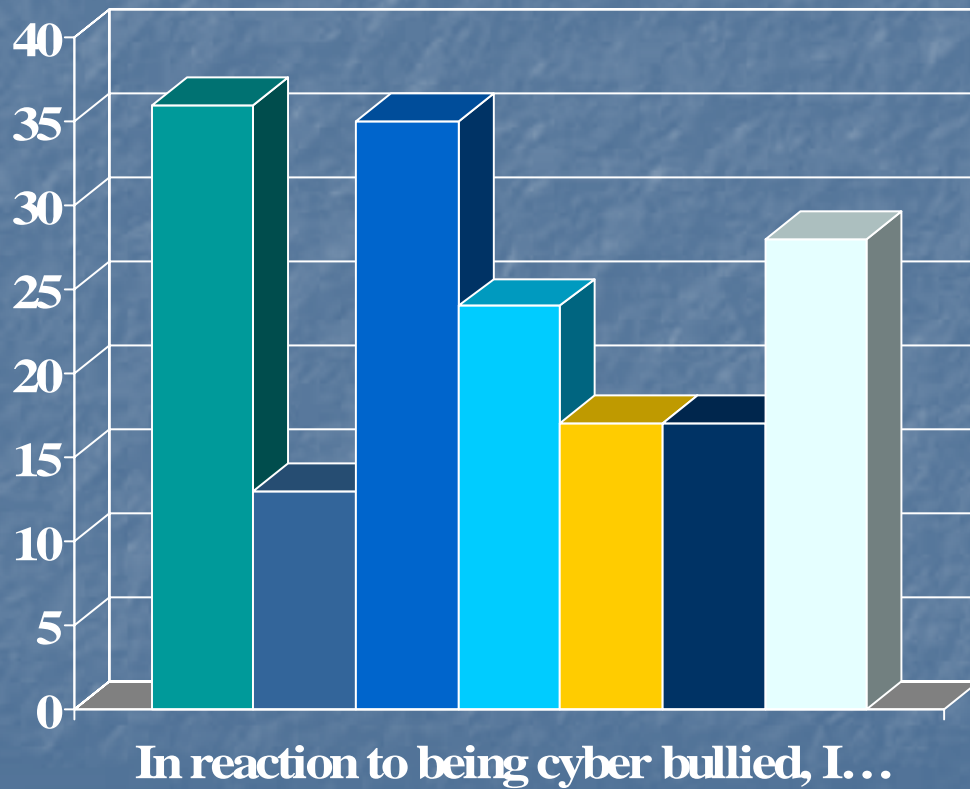
Effects: Depression by Cyber Bully Group (slide 4)



Explanation of Slide 4

- Similar to the pattern of results observed with anxiety, boys in the bully/victim group showed elevated scores on depression (as measured by the Beck Youth Depression Inventory) compared to children in the other groups. With the exception of the not involved group, boys consistently scored lower in depression than girls. However, male bully/victims showed just the reverse pattern.

Reactions of Victim (Slide 5)



- Didn't do anything
- Told on them
- Asked person to stop
- Cyber bullied back
- Made fun of bully to others
- Saved evidence
- Blocked the bully

Explanation of Slide 5

- This graph highlights two important points about how young people respond to being cyber bullied. First, there is considerable variability in how they respond. Second, the single greatest response is to do nothing. Although in some rare instances, that might suffice, typically some type of action is recommended, at minimum, telling someone else about the cyber bullying that is occurring. In addition to the responses shown, 11 middle school students indicated that they responded in some other way.

Many altercations at school
begin with

*comments on social networking sites,
text messages, instant messages and
emails sent outside of the school day*

School Safety Issue

- Youth who reported being targeted by Internet harassment were eight times more likely than all other youth to concurrently report carrying a weapon to school in the past 30 days.
- Ybarra et al. *Journal of Adolescent Health*, December 2007 Supplement (jahonline.org)

Cyber bullying is a school climate issue!



To find more resources or to contact the authors of *Cyber Bullying: Bullying in the Digital Age* (Dr. Kowalski, Dr. Limber, or Dr. Agatston) visit:

www.cyberbullyhelp.com