YES YOU CAN:
Helping Your Kids
Navigate Cyberbullying, Screen
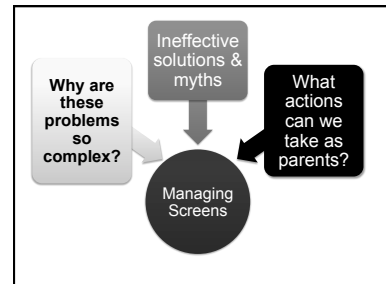**Time, & Social Media**

Dr. Elizabeth Englander

Professor, Bridgewater State University

Director, Massachusetts Aggression Reduction Center

WHAT I DO IN MASS.

K-12 Programs | Research | Professionals & Parent Education

Bridgewater State University

Why are these problems so complex?

Ineffective solutions & myths

What actions can we take as parents?

Managing Screens

What's making it so challenging to parent kids today?

Adult Uncertainty About Technology

Kids vary in how much digital problems impact them

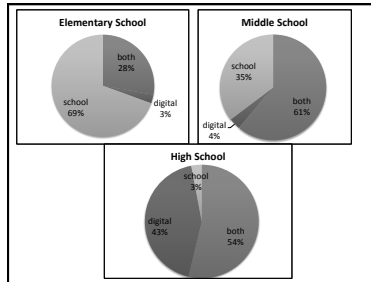Sometimes kids call everything "bullying" or "cyberbullying"

Most problems are actually *fights*

A *little* bit of meanness can actually help develop social skills

The bigger kids get, the more cyberbullying intersects with bullying

Elementary School

Middle School

High School

Digital behaviors can change rapidly & dramatically

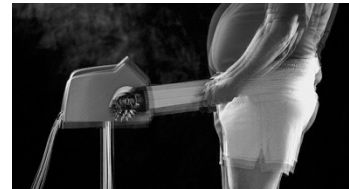Text-based → Picture-based

Social norms emerge around new behaviors – complicates things

Myth: One age fits all

Section 2:
Ineffective solutions and myths
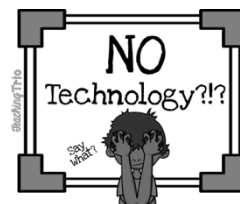
MYTH: You have to be a computer expert.

I NEED TO KNOW EVERY SINGLE WEBSITE AND APP?

You need to know digital behaviors, rather than individual apps and websites
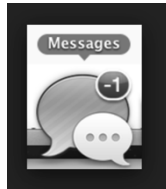
Myth: A *good* parent would.....

NO Technology?!?

Myth:

Adult Predators are *the* major online threat

Myth: Give them what they want, or....

Messages
−1

Myth: This object is a telephone.

J. LYON

Myth: knowing the Internet isn't private is enough

BUSTED

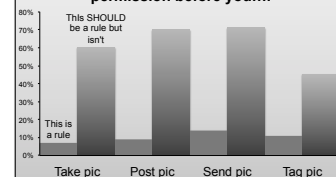What actions can parents take?

NOOOO...!!

A few key points to teach your kids

#1: Think about specific behaviors that make kids vulnerable.

Problem behaviors versus specific websites

Secret
twitter
Instagram
ask.fm
whisper
SNAPCHAT

Is there a rule about asking permission before you....

This SHOULD be a rule but isn't

This is a rule

| Take pic | Post pic | Send pic | Tag pic |

A few key points to teach your kids

#2: Emotions can escalate fast online.

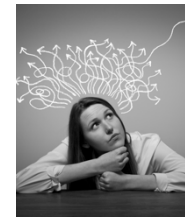
That can turn a small situation into a big one.

The 24 Hour Rule: when you're upset, WAIT before you text/post

---

A few key points to teach your kids

#3: A conversation might *feel* private, even when you know it's not.

Anonymity isn't really.
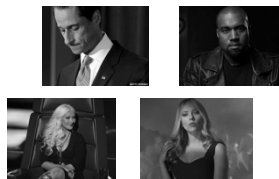

Using EXTERNAL CUES to determine privacy

Other situations that increase inappropriate sharing

"No one will see it"

A few key points to teach your kids

#4: Talking about social problems *helps*. It increases resiliency.

How does **Discussion** help these issues?

Parents who talk have kids who listen

Didn't have an impact
18%

Parents didn't talk
45%

Had an impact
37%
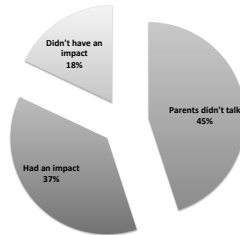
What do YOU have to do?

#1: Set Time Limits?

Examples of DO's and DON'Ts

What you can do

#2: Help your kids practice social skills.

Set up social situations whenever you can. Always be willing to host.

Best tactic to cope with social problems in school?

What you can do

#3: Have a talk about tech.

Have "The Tech Talk"

Dad, where do cell phones come from?

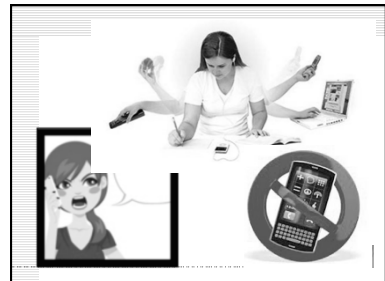
The earlier you talk, the better

Introduce some concepts to your child

The person who pays for this phone owns it (that's me)

Responsibilities ⟷ privileges

REWARD
For Today's Wifi Password:
1. Empty Dishwasher
2. Fold Laundry
3. Vacuum Downstairs
4. Take Out Trash

Parents to do #4:
Re-think CONTROL

Control vs Discussion

Mom said
Go play outside

---

4 internet-enabled devices per home

You Tube
Broadcast Yourself

ACCESS
Home, Library, School, Friends, Malls, Bookstores, Etc.

**But some things can be controlled.
When did you start using FB?**

- 9.17% — Younger than 13, and my parents didn't know about it
- 11.01% — Younger than 13, and my parents were OK with it
- 54.13% — 13 or 14
- 22.94% — 15 or older

Alamy

No devices in the bedroom

Family Charging Station

Parents to do #5: Think Family

Family dinner & bullying (X2=431,p<.000)

Bully   Cyberbully   Both

	Bully	Cyberbully	Both
Pleasant family dinners	7%	1%	5%
Unpleasant family dinners	7%	0%	11%
Few/no family dinners	9%	0%	19%

**Pleasant family dinner protects
against sexting (X2=11.3,p<.003)**

- 65.1% — Few/no family dinners
- 50.9% — Unpleasant family dinners
- 39.5% — Pleasant family dinners

Pay attention to sibling relationships

What's the school's role?

Faculty training

Kids getting involved

What can schools do about
bullying and cyberbullying
incidents?

1. What they CANNOT tell you
   (confidentiality)
2. They cannot *always* discipline
3. They can support a victim and keep
   an eye on the situation!

Most Important:Talk, talk, talk….

BULLYING AND
CYBERBULLYING

www.ElizabethEnglander.com
www.MARCcenter.org
englander@marccenter.net
508.955.0272