

# HEALTHY RELATIONSHIPS: NAVIGATING CYBERBULLYING AND CYBERVIOLENCE

## PARENT\* AND SCHOOL ENGAGEMENT

“ ... for parent engagement to be most impactful, school learning must go into the home and home learning must be brought into the school ... Parent engagement happening both on and off of the school landscape. ”

*Pushor, 2019*

### What should I know?

#### Do you know?

There is a difference between cyberviolence and cyberbullying

- **Cyberviolence:** Umbrella term used to describe a wide range of online behaviours that are intentionally done to hurt others.
- **Cyberbullying:** Behaviour directed towards another individual or group with the intent to cause emotional harm through the use of technology such as the internet and electronic devices.

Cyberbullying occurs when there is an **unequal** balance of social, emotional or physical **power**. This power can be real or perceived and there is **repetitive** behaviour of hurtful actions.

#### Did you know?

- 1 in 5 Canadian teens have witnessed online bullying
- 25% of kids between 12-15 have witnessed cyberbullying
- 51% of all teens have had a negative experience with social networking
- Most apps, if not all, have a 'User Guide' to help us learn

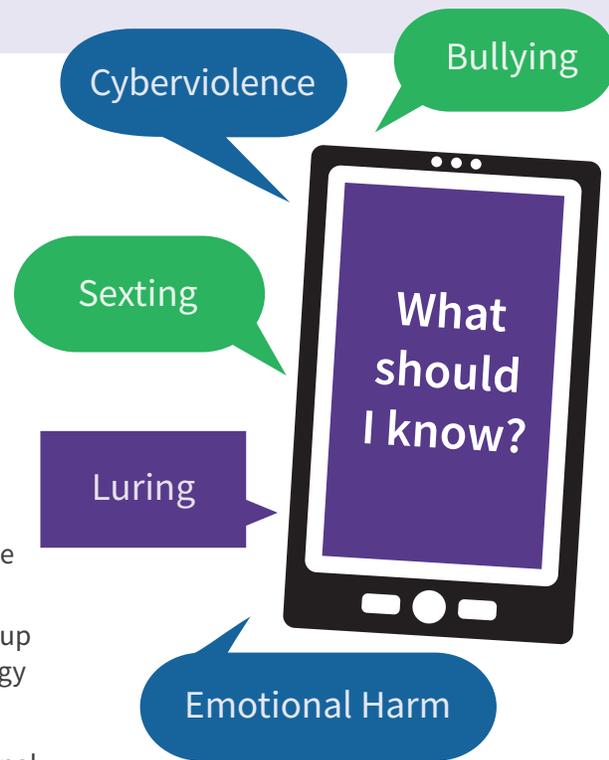
### You know your child.

#### Have you noticed they are

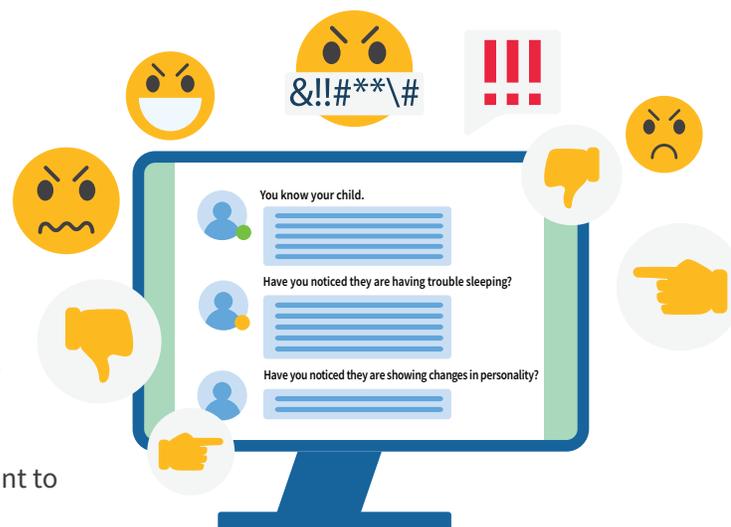
- having trouble sleeping
- less interested in school, hobbies, activities
- showing changes in personality
- avoiding devices
- interacting less with family and friends or prefer being alone
- overreacting

These are signs that something may be going on, so you may want to have a chat, follow-up, monitor, ask for help.

\*Refers to any parent, guardian or care-giver in the role.



When navigating cyberviolence and cyberbullying, you are not alone! Parents and school leaders must walk in knowledge and not in fear when working together to keep children safe.



# What can I do?

If you suspect your child is experiencing trouble online, here are some things to think about.

## Ask yourself: (W5H)

- **Who** is my child online with? How did they meet? Age?
- **What** is my child doing online? (gaming, homework, socializing, gossiping etc)
- **When** is my child online? Time of day? Middle of the night?
- **Where** is my child online? Home (bedroom)? School? Friend's? Mall (free wifi)?
- **Why** is my child online? Friendships? Lonely? Dating?
- **How** is my child online? Household, school or library computer? Tablet? Phone?



## Start a conversation

What questions could I ask my child?

- Have you ever seen anyone bullied online? What would/did you do?
- How would you describe a healthy relationship? Unhealthy relationship? What does it look like to you? How does it feel to you?
- Who can you really trust? Who should you trust? What does it mean to give your consent?
- How can we set boundaries while respecting your privacy? What would a boundary look like?

## Gentle reminders

If we don't know what our children are doing online, how can we guide, help or protect them?

- Address the uncomfortable nature of conversation to encourage the disclosure
- Create a safe, trusting environment free of fear, hostility and judgment
- Respond sensitively and appropriately to a disclosure — do not minimize
- Trust your intuition!

## Learn the three Cs of Internet safety by the Canadian Centre for Child Protection

**Content** = Know and explore the games, apps and websites your child wants to use to see if they are age appropriate. Review the program's terms of use to see what the minimum age is for use.

**Contact** = Know where and how to report inappropriate content/messages. Enable controls and privacy settings on apps/services to limit who can see posted photos or videos. Make sure that no one can speak to or message your child without their permission.

**Conduct** = Set and discuss limits on what your child posts and shares online. Discuss their reasons for sharing publicly and whether it could be misused to embarrass or cause distress.

## WHERE TO GO FOR HELP

- Most, if not all, apps have a 'report inappropriate' section. Use it.
- There are safe Apps to track your child's online activity.
- Contact the school and or police — they can help guide you.
- A Parent Tip Sheet is available in 20 languages — contact your school for this resource.