



Welcome to ACSP's Parent Academy!

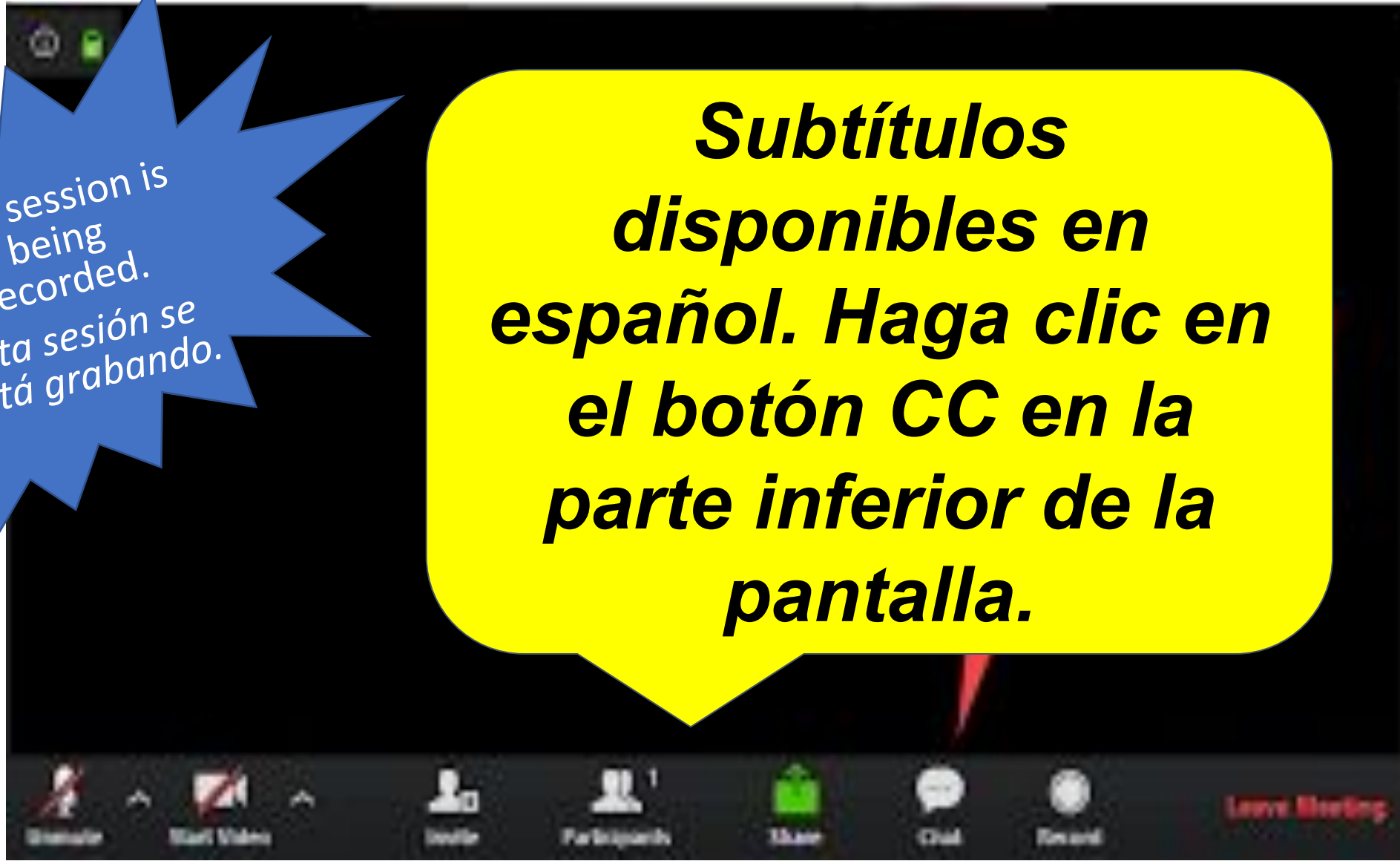
**Today's Topic: Social Media and Cyberbullying
February 28, 2024**

Please fill out the Google Form to log your attendance for tonight's session.
Complete el formulario de Google para registrar su asistencia a la sesión de esta noche.

This session is
being
recorded.
Esta sesión se
está grabando.



**Subtítulos
disponibles en
español. Haga clic en
el botón CC en la
parte inferior de la
pantalla.**



Today's Goals



Define social media and cyberbullying



Identify positive effects of social media



Explain the impact social media and cyberbullying have on children



Discuss how to be a responsible digital citizen

Session Protocols



Questions

Preguntas

Participants are asked to please refrain from calling out. There will be time at the end of the presentation to answer questions.

Se ruega a los participantes que se abstengan de interrumpir la presentación. Habrá tiempo al final de la presentación para responder preguntas.



Technology Rules

Reglas tecnológicas

Please keep your microphones muted during the presentation.

Mantenga sus micrófonos en silencio durante la presentación.



What is Social Media?

¿Qué son las redes sociales?



Social Media allows people to post content in different forms and share it with people around the world.

Content can include just about anything. Images, videos, statements, and resharing another person's posts.

Popular apps include TikTok, Snapchat, Instagram, Twitter, and Facebook. However, YouTube, WhatsApp, and Pinterest would also be considered forms of Social Media. Each has its own different way for people to interact with each other.

Las redes sociales permiten a las personas publicar contenido en diferentes formas y compartirlo con personas de todo el mundo.

El contenido puede incluir casi cualquier cosa. Imágenes, videos, declaraciones y compartir las publicaciones de otra persona.

Las aplicaciones populares incluyen TikTok, Snapchat, Instagram, Twitter y Facebook. Sin embargo, YouTube, WhatsApp y Pinterest también se considerarían formas de redes sociales. Cada uno tiene su propia forma diferente para que las personas interactúen entre sí.

Positive Effects of Social Media

Efectos positivos de las redes sociales



“Social media allows teens to create online identities, communicate with others and build social networks.”

(Mayo Clinic Staff, 2022)

“Middle and high school students are using social media to connect with one another on homework and group projects.”

“Some schools successfully use blogs as teaching tools, which has the benefit of reinforcing skills in English, written expression, and creativity.”

(O’Keefe and Clarke-Pearson, 2011)

“Teens also use social media for entertainment and self-expression. And the platforms can expose teens to current events, allow them to interact across geographic barriers and teach them about a variety of subjects, including healthy behaviors.”

(Mayo Clinic Staff, 2022)

The background features a dark, atmospheric landscape with a sunset or sunrise over a body of water. The sky is filled with dark, layered clouds, and the water below reflects the light from the sun, creating a shimmering effect. The entire scene is framed by a large, dark, semi-transparent shape that resembles a speech bubble or a stylized frame. The overall mood is somber and contemplative.

What is Cyberbullying?

¿Qué es el ciberacoso?



Cyberbullying is defined as “*willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.*”

Where is this happening?

Private text messages

Social Media

Live streaming platforms
(social gaming, YouTube)

Metaverse (virtual reality spaces)

Anonymous apps

Cyberbullying

Be aware of the signs of cyberbullying!



A youth may be being cyberbullied if he or she:

- unexpectedly stops using their device(s)
- appears nervous or jumpy when using device(s)
- appears uneasy about being at school or outside
- appears to be angry, depressed, or frustrated after texting, chatting, using social media, or gaming
- becomes abnormally withdrawn
- avoids discussions about their activities online

Hinduja, S. & Patchin, J. W. (2019). Cyberbullying Identification, Prevention, and Response. Cyberbullying Research Center (cyberbullying.org).

Explain cyberbullying to your children in actions

A youth may be cyberbullying others if he or she:

- quickly switches screens or hides their device
- uses their device(s) at all hours of the night
- gets unusually upset if they can't use device(s)
- avoids discussions about what they are doing online
- seems to be using multiple online accounts, or an account that is not their own

In general, if a child acts in ways that are inconsistent with their usual behavior when using these devices, find out why.



Impact on Children

Impacto en los niños

Changing Behavior

Cambio de comportamiento

“Many websites and applications frequented by adolescents lend themselves to cyberbullying, which can lead to anxiety, depression, isolation, and suicide.”

“Most adolescents that took part in cyberbullying had themselves been bullied on SM, which plays into the cycle that victims become aggressors.”

(Shakir, Taaha et.al., 2018)

“...social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumor spreading, unrealistic views of other people's lives and peer pressure.”

(Mayo Clinic Staff, 2022)

Impacts on the future

Impactos en el futuro

- Criminal charges
- Links students to different groups and their way of thinking
- College entrance
- References for jobs
- Background checks for future career choices
- Digital footprints

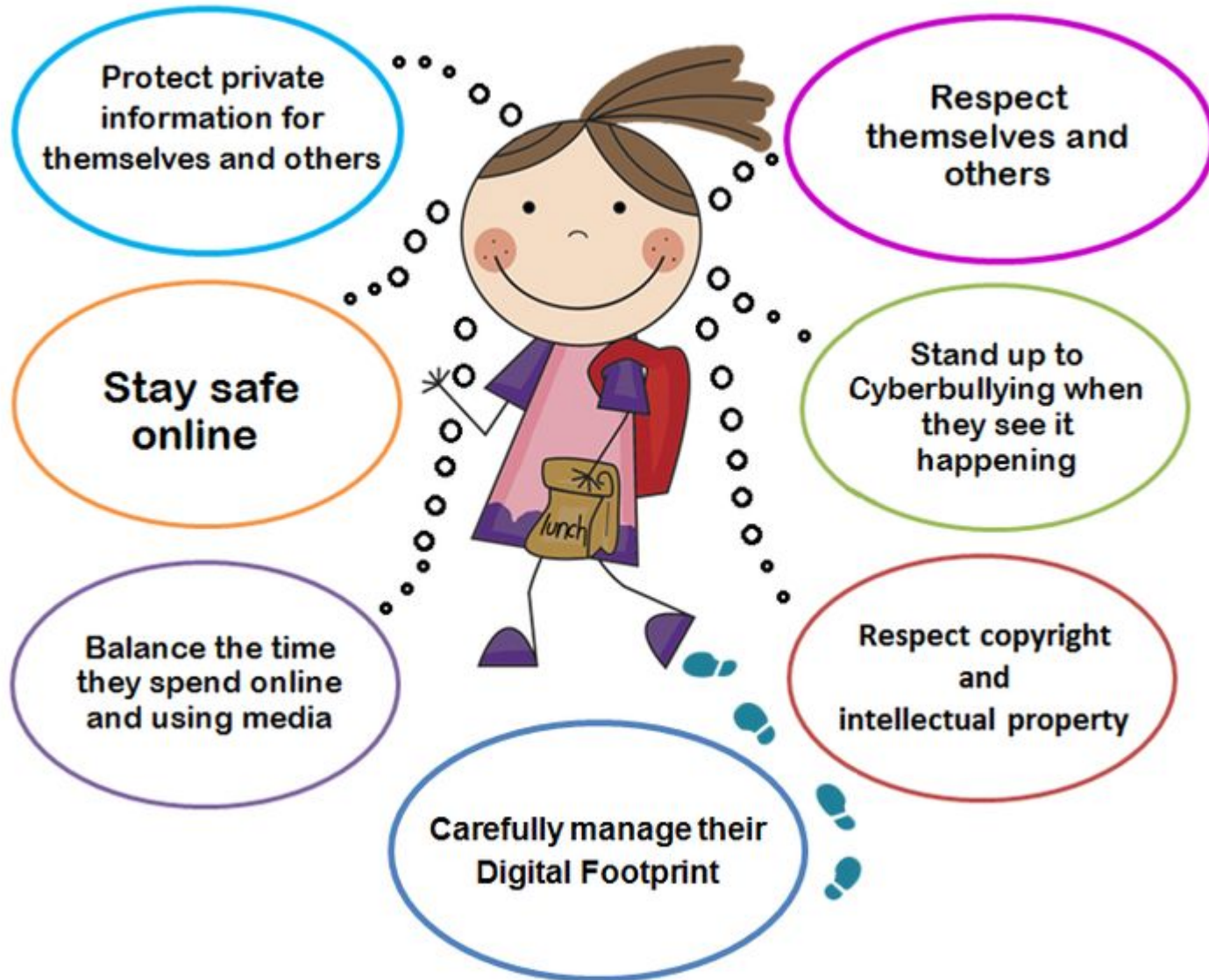
- *Cargos criminales*
- *Vincula a los estudiantes a diferentes grupos y su forma de pensar.*
- *Entrada a la universidad*
- *Referencias para trabajos*
- *Verificación de antecedentes para futuras opciones de carrera*
- *Huellas digitales*



Being a Responsible Digital Citizen

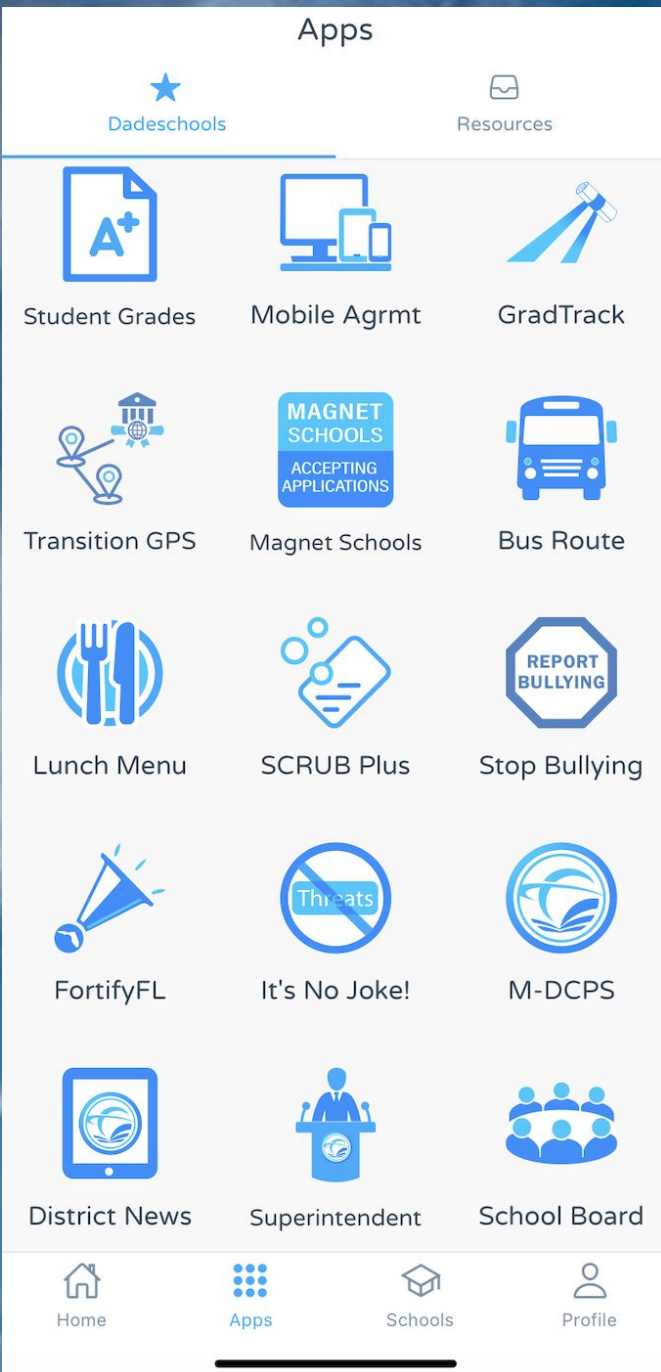
*Ser un ciudadano digital
responsable*

All Good Digital Citizens:



Digital Citizens:

- Do not post anything on social media that is hurtful
- Do not use social media to make others feel bad
- Do not use social media to bully others
- Do not send inappropriate messages in classroom chats or on message boards
- Do not allow others to do anything disrespectful or harmful to others

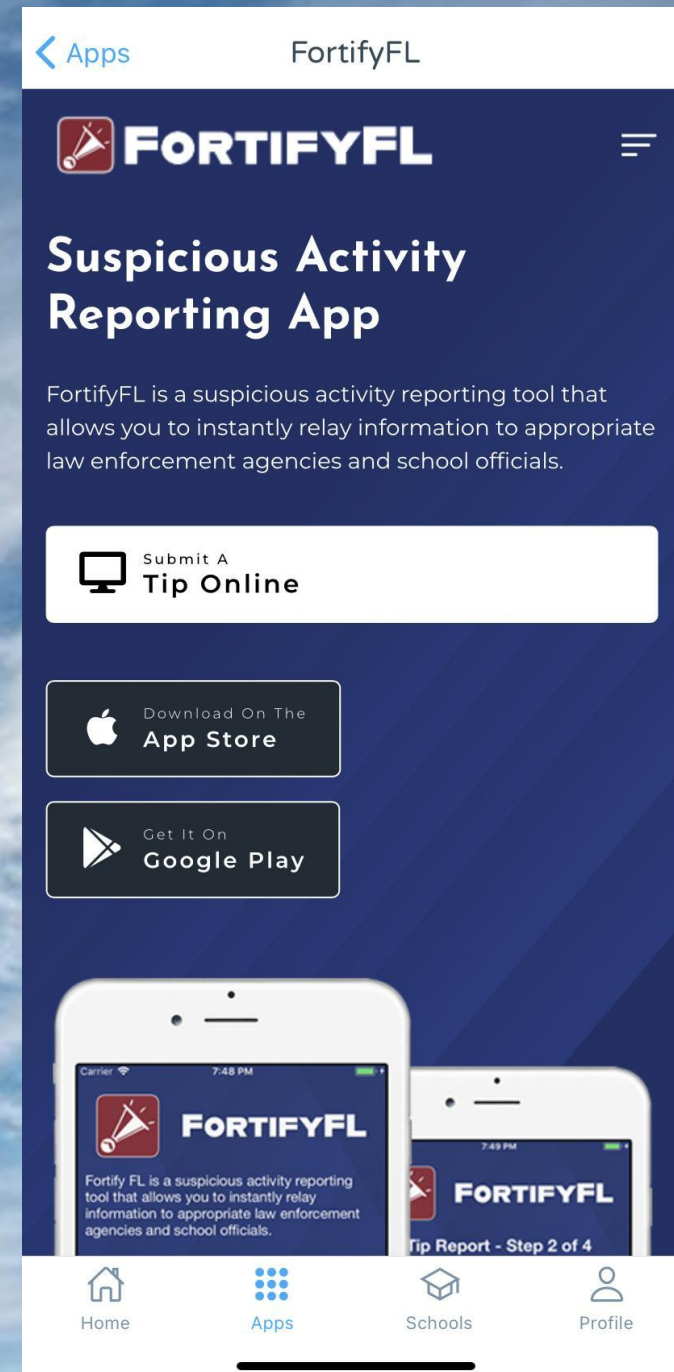


FortifyFL for Students and Families:

- Report any suspicious activity
- Suspicious activity includes things that occur around the school physically.
- It also includes anything suspicious that another student may post or say.
- Parents have to be aware that anything their students text to other students on Snap Chat, Instagram, Discord, TikTok, etc. can be considered if/when a case is open about something said in some sort of chat.

FortifyFL para estudiantes y familias:

- Reportar cualquier actividad sospechosa
- La actividad sospechosa incluye cosas que ocurren físicamente alrededor de la escuela.
- También incluye cualquier cosa sospechosa que otro estudiante pueda publicar o decir.
- Los padres deben ser conscientes de que cualquier cosa que sus estudiantes envíen mensajes de texto a otros estudiantes en Snap Chat, Instagram, Discord, TikTok, etc. se puede considerar si/cuando se abre un caso sobre algo dicho en algún tipo de chat.



What can families do?

“There are steps you can take to encourage responsible use of social media and limit some of its negative effects. Consider these tips:

- **Set reasonable limits.** Talk to your teen about how to avoid letting social media interfere with his or her activities, sleep, meals or homework. Encourage a bedtime routine that avoids electronic media use, and keep cellphones and tablets out of teens' bedrooms. Set an example by following these rules yourself.
- **Monitor your teen's accounts.** Let your teen know that you'll be regularly checking his or her social media accounts. You might aim to do so once a week or more. Make sure you follow through.
- **Explain what's not OK.** Discourage your teen from gossiping, spreading rumors, bullying or damaging someone's reputation — online or otherwise. Talk to your teen about what is appropriate and safe to share on social media.
- **Encourage face-to-face contact with friends.** This is particularly important for teens vulnerable to social anxiety disorder.
- **Talk about social media.** Talk about your own social media habits. Ask your teen how he or she is using social media and how it makes him or her feel. Remind your teen that social media is full of unrealistic images.”

(Mayo Clinic Staff, 2022)

References

Gwenn Schurgin O'Keeffe, Kathleen Clarke-Pearson, Council on Communications and Media; The Impact of Social Media on Children, Adolescents, and Families. *Pediatrics* April 2011; 127 (4): 800–804.

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THANK

YOU

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**Any
Questions?**