



## Teaching Digital Citizenship

Keeping kids safe, happy, and healthy in the digital age.



FACILITATOR

**Sue Thotz**

*Senior Program Manager*

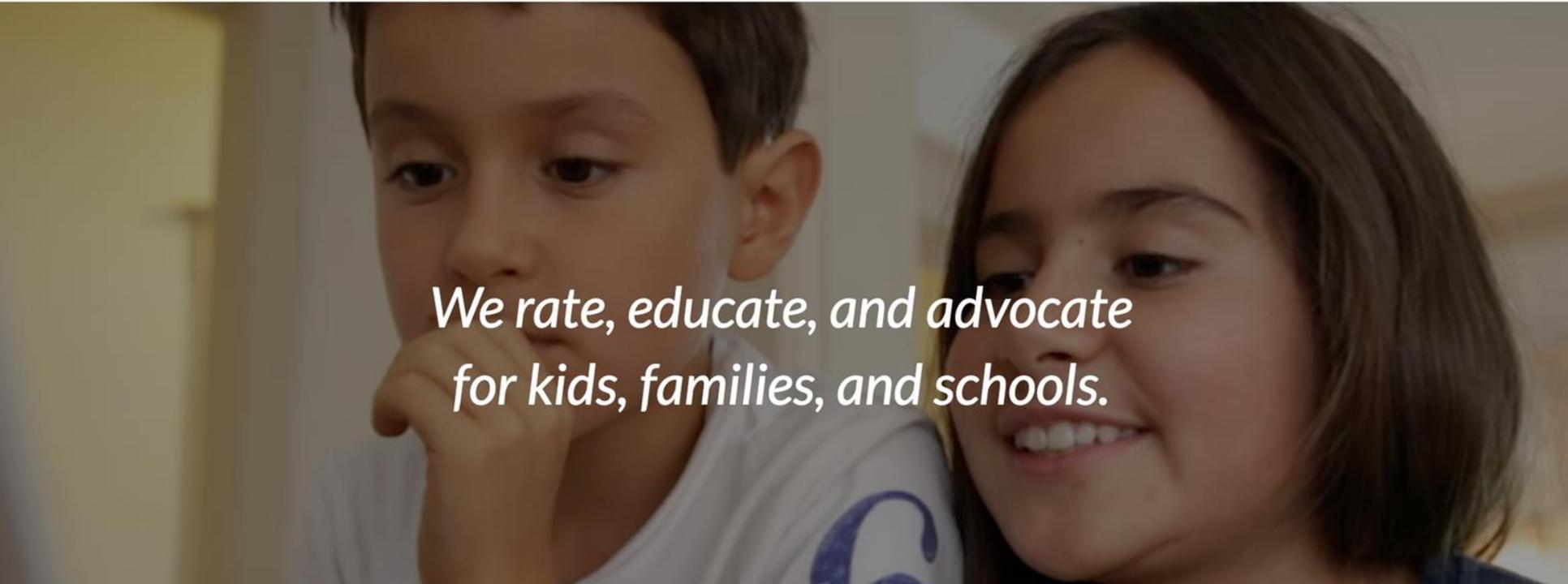
Common Sense Education



@CommonSenseEd  
@SueThotz



@CommonSenseEducators

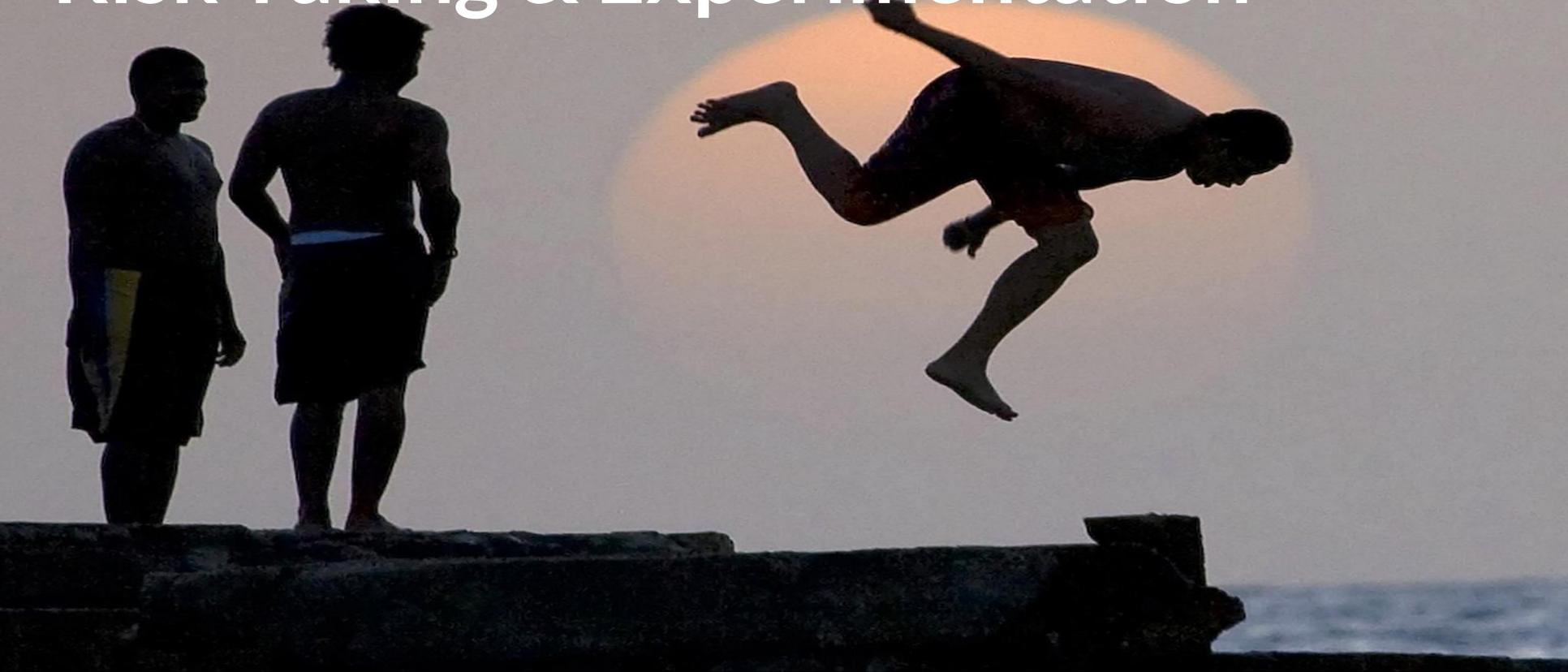


*We rate, educate, and advocate  
for kids, families, and schools.*

# Same child development, more powerful tools.



# Risk Taking & Experimentation





# Seeking Independence

# Forming Their Identities



# Sexuality & Relationships





# Peer Validation

# What's Changed?



# Our nation's challenge and opportunity

Children spend more time with digital media & devices than any other activity in their lives.



# Anonymity



# Anonymous Sharing Apps/Sites

## Kiwi - Q&A

App review by [Patricia Montic...](#), Common Sense Media



Common Sense says

age 16+

Ask and answer questions; iffy content, so use settings.

iPhone, iPod Touch, iPad, Android | Free | Social Networking

**Kids ask questions & answer questions posted by other users**

**Some kids ask innocuous questions; others ask inappropriate ones**

**Can encourage over-sharing and allow for “meanness” or bullying**

**New apps in this category include safety precautions, but you should still keep an ear out for potential issues.**

## tbh

App review by [Neillie Johnson](#), Common Sense Media



Common Sense says

age 13+

Multiple choice-style feedback not mean, but collects data.

iPhone, iPod Touch, iPad | Free | Social Networking

## Sarahah

App review by [Neillie Johnson](#), Common Sense Media



Common Sense says

age 17+

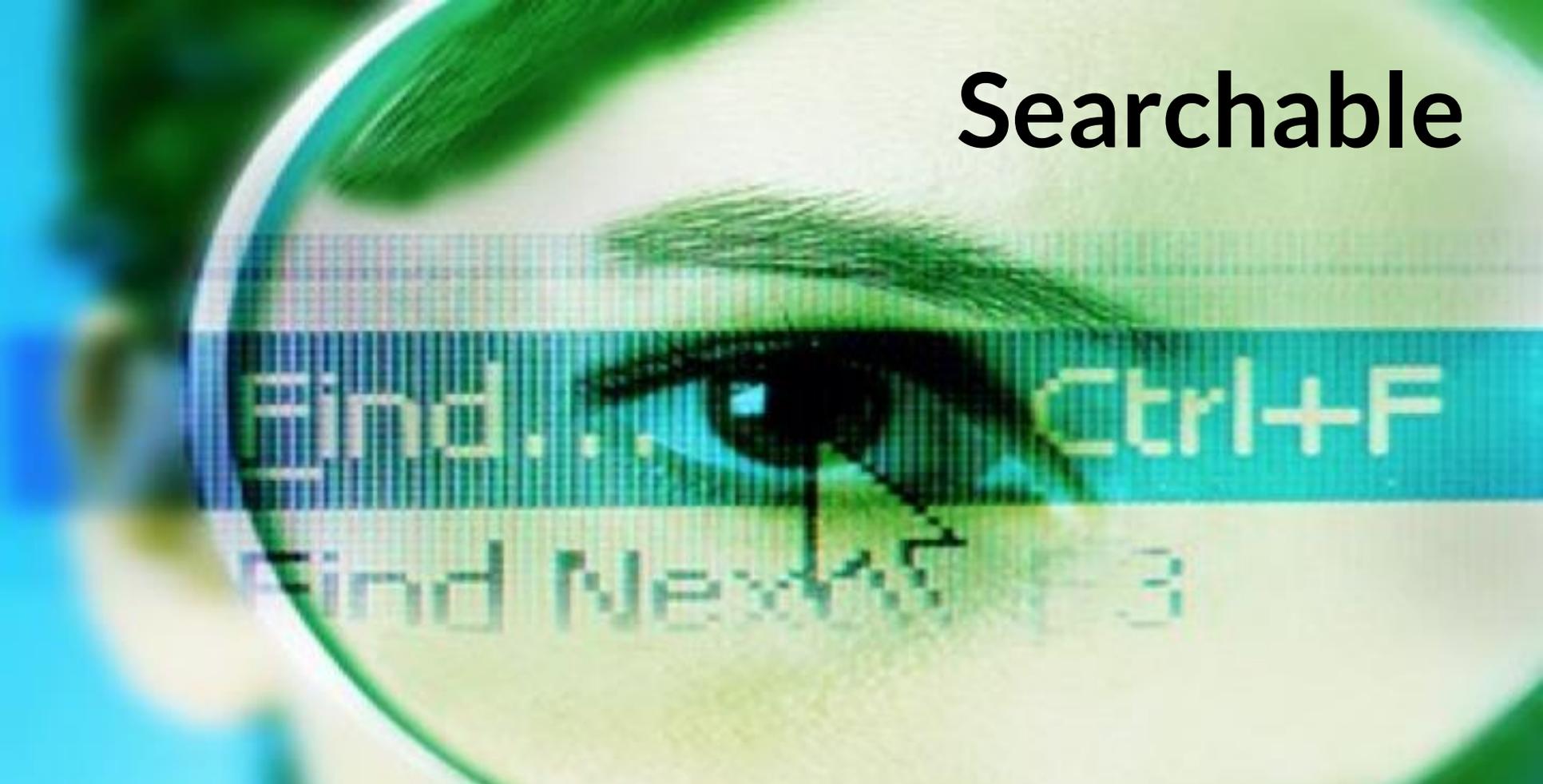
Anonymous evaluation tool is ready-made for cyberbullying.

iPhone, iPod Touch, iPad, Android | Free | Social Networking

# Replicable



# Searchable

A magnifying glass is positioned over a computer screen. The screen displays a search bar with the text "Find..." and "Find Next" below it. To the right of the search bar, the text "Ctrl+F" is visible. A human eye is superimposed over the search bar, looking directly at the text. The background of the screen is a light blue and green gradient.

Find... Ctrl+F  
Find Next F3

# Persistent



# Cyberbullying





THEY DIDN'T KNOW  
THEY WERE  
**CAUSING PAIN**



## Cy·ber·bul·ly·ing

\ 'sī-bər- ,bū-lē-īŋ , - ,bə-\

Ongoing, targeted harassment via digital communication tools that's meant to make the victim feel bad.

# Digital Drama

IMPERSONATING THREATS PRESSURE  
SPYING CYBERBULLYING RUMORS  
TROLLING SMOTHERING OUTING  
FLAMING EXCLUSION

- **Subtweeting:** Tweeting about someone without @-ing them/using their handle, so the victim doesn't necessarily see the mean tweets or can't be sure they're about him/her.
- **Outing:** You tell your friend something personal one day, then you get into a fight. She reveals that information to everyone.
- **Excluding:** Often, this is unintentional, which means it's not bullying, but when kids post pictures of an event knowing an uninvited person will see the pictures and feel bad (and does it more than once), that's bullying. It can also mean unfriending.
- **Pressuring/smothering:** This can take lots of forms -- pressuring for sexy pictures, to get the passcode to a phone, to be in constant contact, etc.
- **Impersonating/hacking/spying:** Making a fake account in someone else's name.
- **Rumors:** They've always existed, but with digital forums, it's easier to spread them

EXPENSE....Here's the best part....THERE'S NOT A SINGLE GOD DAMNED THING YOU CAN DO ABOUT IT, BECAUSE I HAVE EACH AND EVERY ONE OF YOU BY THE NUTS...If that upsets you, you can go fuck yourselves. But I still want you all to have a great

i wanna kill u bitch

I blame u for this  
times I'll cut y  
faster than a l

commitments this year. I just saw some of your work. It's horrible. Humility is for people like you who will never amount to anything. I back my shit up with results. You'll never get anywhere [REDACTED] and you're not important.

Glad you finally see it my way. You've been publicly ve on...Oh and seriously give suicide some thought.

Ah you think you paid me.  
portion of my cost to edit.



d have eight followers.  
ndful of people who ex  
i that....As if that's not

SOFIA I HOPE YOU DIE

# Scope of Cyberbullying

Low Prevalence, High Impact



15%

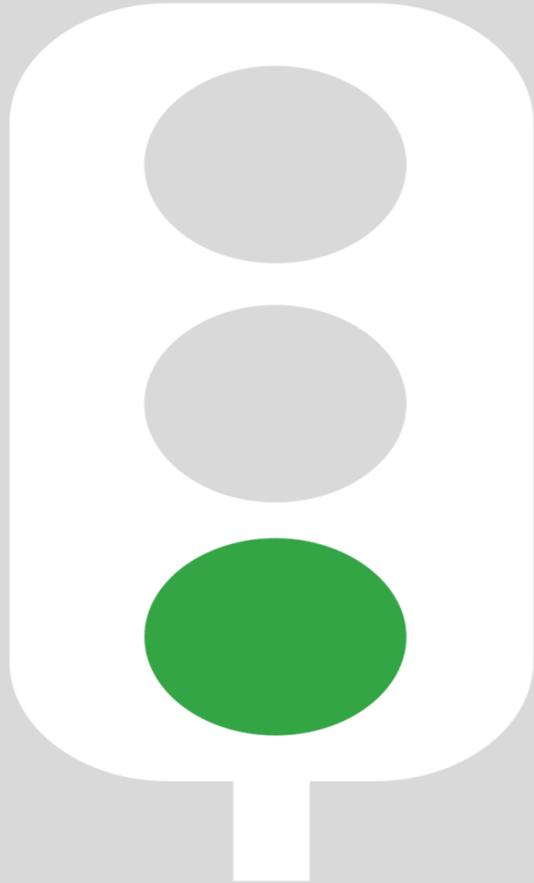
of students have been electronically bullied



18-31%

of kids experience in-person bullying

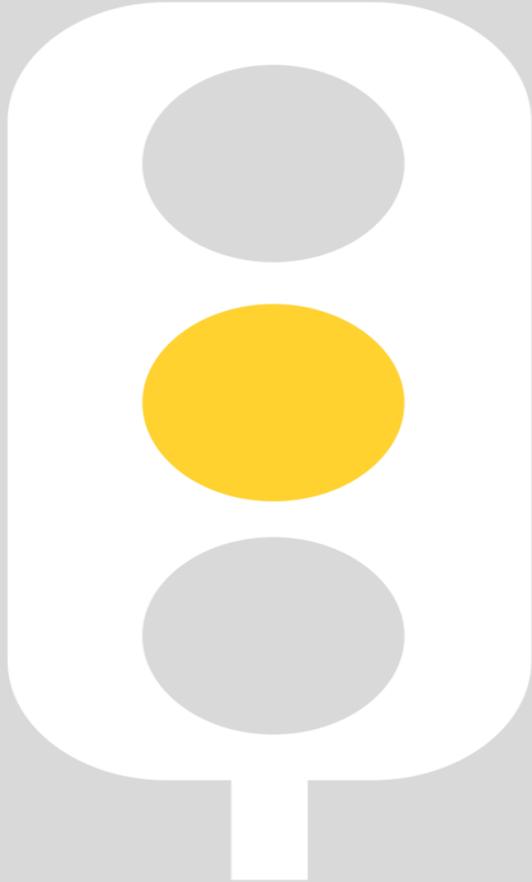
U.S. Department of Health and Human Services, 2015



# Time to Watch

## Typical Tween/Teen Development:

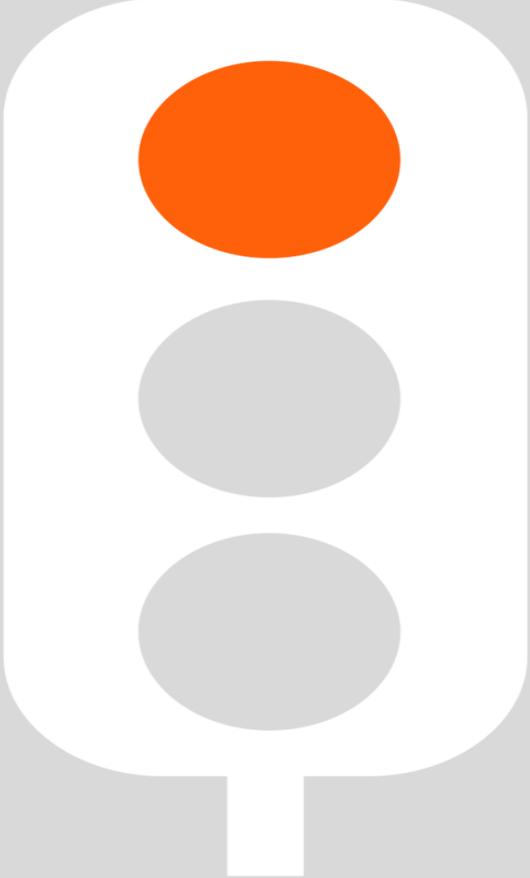
- Popularity and pecking order.
- Growing independence and distancing from family.
- Concern about appearance especially in the eyes of peers.
- Strong and swinging emotions.
- Exploration of sexuality.
- Trying on different identities.



# Time to Ask

**Changes in behavior,  
achievement, contact with friends:**

- Anxious and on edge after being online.
- More alerts and notifications on your kid's device.
- More irritable and prone to emotional outbursts.
- Secretive in general and about time online, hiding the screen,



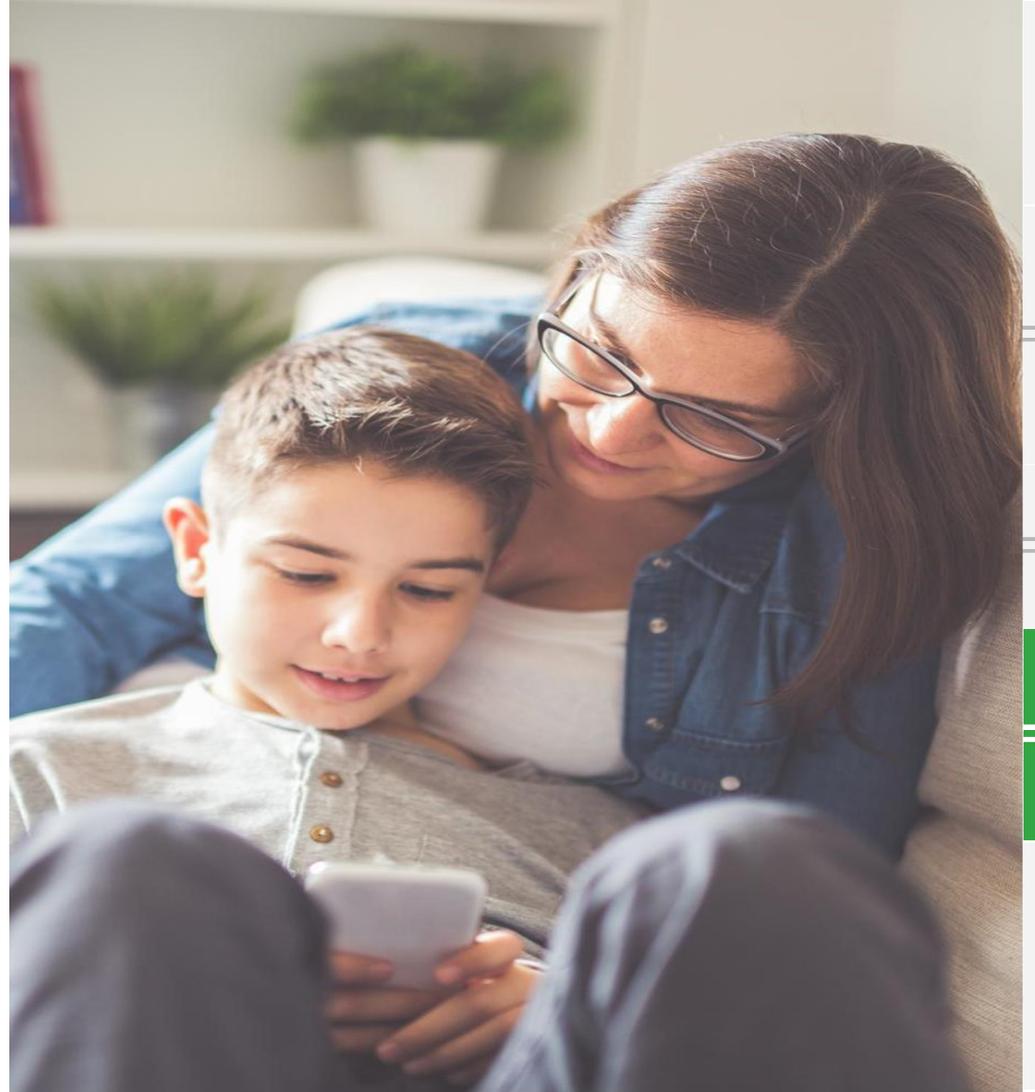
# Time to Get Help

- Self-harm.
- Suicidal thoughts/ideation.
- Total withdrawal.

**Crisis Text Line: You text 741741** to be connected with a counselor any day, any time.

# Stop the Cycle of Cyberbullying

- ▶ Start early.
- ▶ Talk through scenarios and strategies.
- ▶ Stay involved.
- ▶ Set limits.
- ▶ Be a role model.
- ▶ **Teach lessons!**



Define It

Understand It

Detect It

Prevent It

Handle It

WHERE TO START?

# Anti-Cyberbullying Toolkit



## Get Started





# STACEY'S STORY: WHEN RUMORS ESCALATE



# Video Discussion Questions

## Stacey's Story

- 1. Why did the girls start to harass and threaten Stacey online in the first place?*
- 2. When do you think the girls' behavior "crossed the line"?*
- 3. Stacey says, "People talk really big, when there's, like, miles between you." What do you think she means by this statement?*
- 4. In what ways might the online context make the situation worse than if the bully had harassed Stacey offline?*
- 5. Stacey's mom says that Stacey should call the school and report the incidents. Stacey responds that it would "just make it worse." Do you think this is true? Why or why not?*





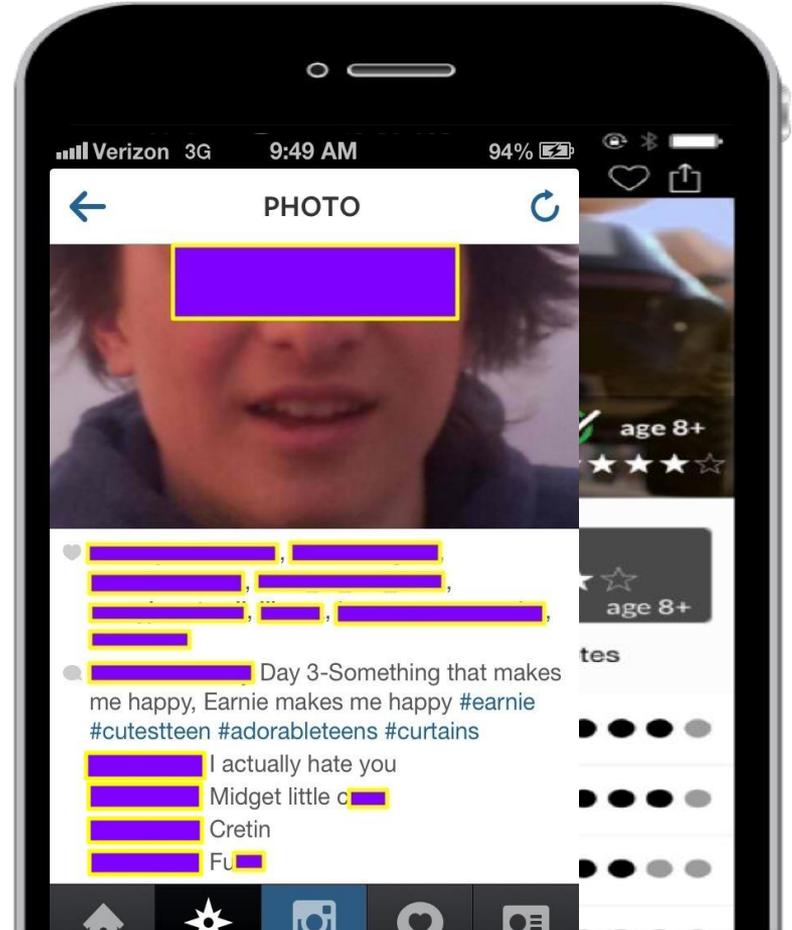
**Worst-case scenarios exist, but they are not the norm!**

**Stay ...**

- Engaged
- Empathic
- Encouraging

# Evidence and Involvement

- Block and report.
- Take screenshots.
- Save threads.
- Contact appropriate parties to find resolution.



# Upstanding Above All



Health  
elt

# Take a survey ... get a toolkit

[tinyurl.com/suesurvey](https://tinyurl.com/suesurvey)

## Answers:

1. California-Southern

1. (your district)

1. Digital Citizenship OR Other (bullying)

# You Got This!



# THANK YOU!

