

Tenin Terrell

Writing Sample: (Speaker Abstract) The Costs and Consequences of Cyberbullying

TARGET AUDIENCE: Students

TITLE: The Costs and Consequences of Cyberbullying

CATEGORY: Mental Health, Anti-bullying

ABSTRACT: Cyberbullying or cyberharassment is a form of bullying or harassment using electronic means. When it comes to cyberbullying, statistics show most cases are taking place on top social media sites such as Facebook, Instagram and Snapchat with digital harassment also occurring over email, text messages or gaming channels.

Frightening facts have been confirmed - the most common victims of cyberbullying are young people, adolescents and teenagers. The U.S. Department of Education reported in 2015, 28% of children between the ages of 12-18 years old were bullied at their school, and of these students 40% reported being cyberbullied (Press Office, 2015; YRBSS, 2016).

The consequences of cyberbullying can be fatal. Studies show an increased risk for suicide ideation among the cyber bullied, with reports indicating that most victims are at risk of depression, substance abuse, loneliness, and delinquent behavior (Nixon, 2014).

With the permanence and prevalence of social media and digital forums, it is of the utmost importance that students, administrators, parents and support personnel be educated on the features of cyberbullying and its legal ramifications to put an end to this destructive practice.

SESSION DESCRIPTION: “The Costs and Consequences of Cyberbullying” is an interactive workshop that will provide professional development training for students, administrators, educators and support personnel to help them identify the unique features and impact of cyberbullying, learn strategies for empowering themselves and others to respond to cyberbullying, and foster a culture of digital safety on campus and beyond. I will provide practical information to support students in developing personal strategies for protecting themselves against cyberbullying as well as acting as cyber allies who help prevent and take action against cyberbullying and social cruelty in online forums.

LEARNING OBJECTIVES:

1. Students will be able to define cyberbullying, identify its top forms and the most common places where cyber harassment occurs
2. Distinguish the bullied from the bully in a given scenario
3. Describe methods of preventing and reporting cyberbullying
4. Give one or more details of New Jersey’s Cyber Harassment law per NJ Statute Ann. 2C:33-4.1.
5. Name types of treatment for the bullied and the bully

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PROVIDED RESOURCES

- Case Studies of cyberbullying
- Digital Harassment assessment
- Cyberbullying scenarios quiz
- Cyber Harassment slides/PowerPoint presentation
- Cyberbullying fact sheet (digital)
- What To Do worksheet (digital)
- Community Resource reference sheet (digital)