

# Skyline Anti-Bullying Campaign

Let's make our virtual school a safe space for everyone!



## Causes of Cyber-Bullying Today



## Isolation

With the pandemic, stay-at-home guidelines often lead to feeling lonely, or isolated. More of us have taken to more time spent on social media platforms, we lose touch in a lot of our in-person connections. Feeling "out of the loop" can lead some of us to take these frustrations and struggles out on the internet towards others because of the idea that repercussions online aren't likely to occur.

## Increased Stress

Due to this pandemic, our regular lives have shifted to an entire new setting. With this new change there has been increased stress or confusion being placed into this new virtual environment. Often during uncertain times and when emotions are at a high, this will cause risk taking behaviors that can hurt others in your response.

## Decreased Supervision Online

Having online school, teachers and staff are unable to see what is truly going on in the students lives. Attention has been shifted from in person to virtual settings, so staff and parents aren't always able to tell if a student is hurt or able to pay close attention to how students are doing online. With this, there is decreased supervision and students are at a higher risk of something happening to them if no one is regulating the bully or the online settings.

## Boredom

Students in this generation may engage in cyberbullying for a number of reasons. It may be because they are bored or want attention. Unfortunately the recent pandemic has worsened these issues due to the increased time spent at home and the decrease of activities. The cause of cyberbullying may be to relieve stress, but a lot of times it is created out of pure boredom as well.

## Objectives

### What we can do to help

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In your online learning platforms and environments, set expectations and standards immediately and clearly for respectful behavior among students.

Determine exactly what consequences you can implement for rule violations, and make sure they truly have a deterrent effect on students.

Keep close tabs on all online interactions and encourage your students to send you screenshots or screen recordings of any rule violations they see to help you investigate and facilitate takedowns of problematic or abusive content.

Model and reinforce positive peer interactions in all venues where online interactions can take place.

Most importantly, keep in touch with those few you know who need a deeper connection, encouraging words or accountability.

Source: Sameer Hinduja, PhD, professor of criminology and criminal justice at Florida Atlantic University and co-director of the Cyberbullying Research Center



## Let's stay Together, Apart

Though it can be difficult to maintain contact with each other like we used to, it's so important to stay in touch at a distance. Make sure to check-in and check up on your friends, and if you see something happen online, make sure to say something. You can use our ISD hotline at any time, or reach out to us! We will come out of this stronger, together.