INTRODUCTION

Hello! Nice to meet everyone and thank you for allowing Anchor Light Therapy Collective to take part in your PTA meeting tonight. Two of Anchor Light Therapy Collective's child therapists, Megan Osterman and Kennedy Markulec, are here to share information about the impact of social media, more specifically the impact of bullying and cyberbullying, on our children. This information is meant to help you, their parents/guardians, better navigate the social media world that our children take part in, everyday. Let's begin…

MEGAN OSTERMAN

LMFTA- WA License number MG61343768

Graduate of University of Washington (BS in Psychology) and Seattle University (MA- Couples and Family Therapy)

More About Megan

I am passionate about healing attachment wounds, processing primary emotions, and increasing empathy amongst couples and families. I love assisting clients in sorting through their problems, breaking down anxieties or negative thoughts, empowering them to make the most of their lives, and providing them with a non-judgmental listening ear. I stay strengths-focused so you can access the strengths you already possess in order to accomplish the goals you want to obtain. I use a combination of CBT, ACT, Solution-Focused Therapy, Gottman's Couples Therapy, and Emotionally-Focused Therapy. I have done volunteering and have extra training in areas like Parenting, and Selective Mutism in young children. I love getting to work with children and teens, specializing in work with teenagers specifically.

KENNEDY MARKULEC

LMHCA- WA license number MC61360889

Graduate of Princeton University (BA Italian Studies) and Seattle University (MAEd in School Counseling)

More About Kennedy

I believe that my clients are the authors of their own stories. Throughout the therapeutic process, I support my clients in examining the unhelpful dominant narratives that impact their wellbeing and create meaning in their lives. I encourage my clients to write new narratives that better fit their values, perspectives, and experiences of the world around them.

I am passionate about meeting my clients where they're at and I believe that therapy is a co-created partnership between the client and therapist, where the client is the expert of their own experience. The goals we set stem from my client's strengths, which I have found lends itself best to creating lasting, positive change that feels natural and fitting to each client's envisioned future.

I use an integrative therapeutic approach that draws from various theories to support my client's needs. My approach is rooted in Person-Centered Therapy and I incorporate Narrative, Existential, and Feminist counseling theories and practices into my work to suit my clients' situation. I am also trained in Solutions-Focused Brief Therapy and often use creative arts interventions in sessions.

Before becoming a Licensed Mental Health Counselor Associate (LMHCA), I worked as an 8th grade school counselor. Being a school counselor reaffirmed what I already knew to be true: Youth can only grow into their full potential when they feel safe, secure, and supported within themselves and in their environment.
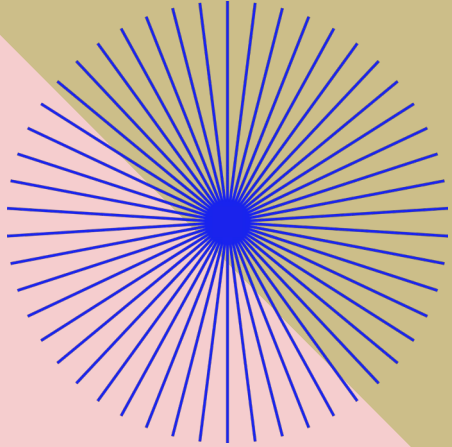

OVERVIEW

- **What we'll be covering**
  - Define bullying and describe cyberbullying tactics
  - Statistics and effects of bullying/cyberbullying on youth
  - Signs of cyberbullying
  - What you can do as a parent
  - Tips for internet safety
  - Healthy phone habits for youth
  - Positive ways to engage with social media
  - Resources and Q&A
- Hold questions for 30-minute Q&A at the end
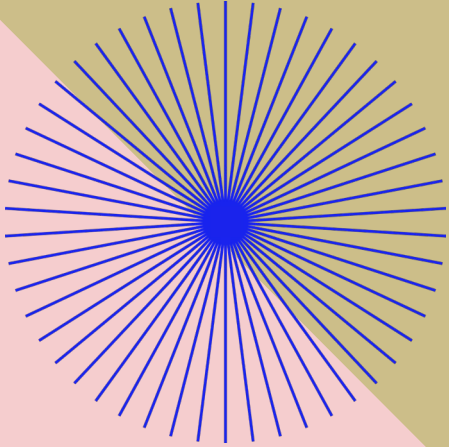
DEFINITIONS

- Bullying
  - Child may be bullied, bully others, or witness bullying in person or online
  - The American Psychological Association defines bullying as "a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words, or more subtle actions.
  - The bullied individual typically has trouble defending him or herself and does nothing to "cause" the bullying."
  - Bullying is **not**
    - Single incidences of conflict, harm, or rejection
    - Random acts of aggression or intimidation
  - Still harmful and can cause great distress, but not examples of bullying unless it's repeated and deliberate.
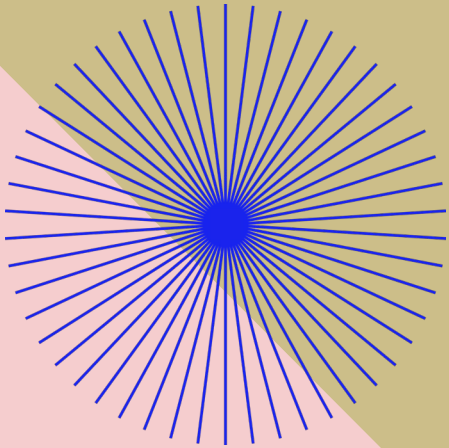
DEFINITIONS

Cyberbullying

- Cyberbullying tactics (StopBullying.Gov, 2018)
  - Posting comments or rumors about someone that are mean, hurtful, embarrassing, or hateful in the case of comments that are discriminatory against someone's race, gender, religion, sexuality, etc.
  - Threatening to hurt someone or telling someone to kill or hurt themselves
  - Posting and/or sharing a mean or hurtful picture or video
  - Pretending to be someone else to solicit/post personal or false information about someone
  - Creating a mean or hurtful website or page about someone
  - 'Doxxing'--threatening to destroy someone's privacy by making their personal information public (address, phone number, email, links to private social media accounts, etc.)
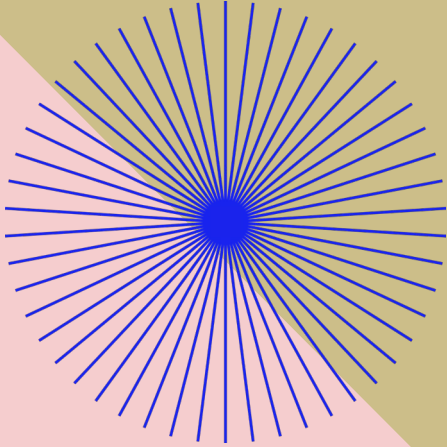
FACTS AND STATISTICS

- "Among students ages 12-18 who reported being bullied at school during the school year, 15 % were bullied online or by text." (www.Stopbullying.gov , 2018)

- Based on research, teens who cyberbully often:
    - Use cyberbullying to feel more powerful than they think they are.
    - Bully online in an attempt to gain popularity.
    - Think that their peers are engaging in this behavior, so they do it too.
    - Have poorer parent-child relationships.
    - Are not monitored by a parent or guardian while online. (www.americanspcc.org , 2020).

- Effects of bullying/cyberbullying
- Higher rates of depression and anxiety
- Reduced feelings of self-worth
- Increased suicide attempts
- Increased instances of eating disorders
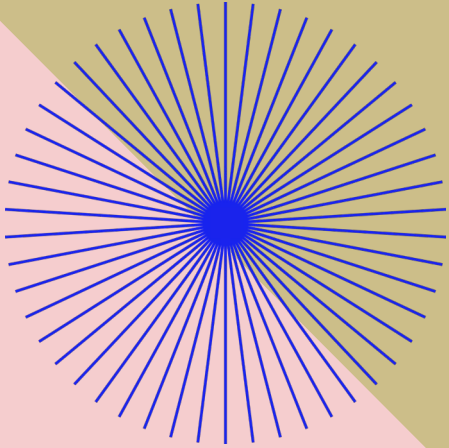
SIGNS OF BULLYING AND/OR CYBERBULLYING

- Noticeable increases or decreases in device use, including texting.
- A child hides their screen or device when others are near, and avoids discussion about what they are doing on their device.
- Social media accounts are shut down or new ones appear.
- A child starts to avoid social situations, even those that were enjoyed in the past.
- A child becomes withdrawn or depressed, or loses interest in people and activities.
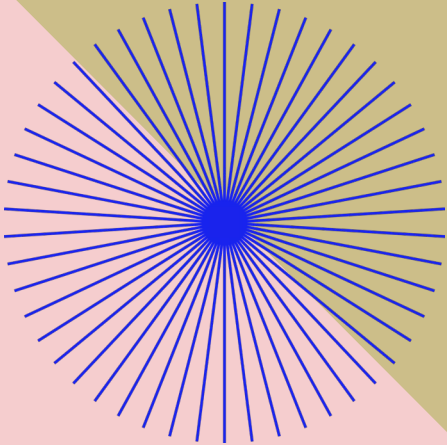
# ADDRESSING CYBERBULLYING WITH YOUR CHILD(REN)

How to talk to your child about cyberbullying and internet safety (American Psychological Association, 2022)

- Keep lines of communication open
    - Good online citizenship—online world as continuation of in-person world, not separate (helpful framework)
- Incorporate topic of social media and online experiences into conversations regularly using curious, open-ended questions
    - What have you heard about cyberbullying? When have you seen it happen? What would you do if it happened to you or your friend?
- Cultivating open dialogue about cyberbullying can ensure kids can **identify** the experience and **tell an adult**, before it escalates into a more harmful situation.
- Addressing reluctance to talk:
    - Hesitant because fear of consequences (taking device away)
    - Remind your child that they won't get in trouble for talking about cyberbullying
    - Goal is to help them safely communicate with friends online
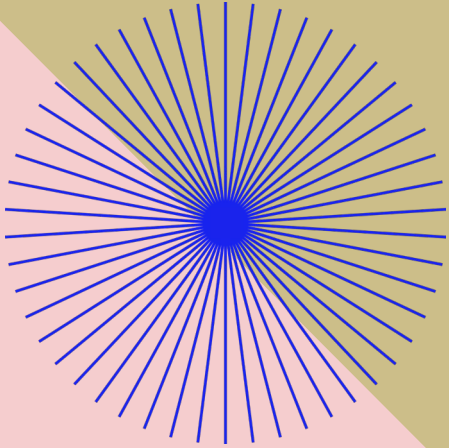
TIPS FOR INTERNET SAFETY

- Reminding your child to think twice before posting - "what they post can be used against them" - be careful about giving away your location or other important information.
- Privacy settings - making sure your child has a private profile that only certain people can see. Teach them to not accept friend requests from strangers.
- Follow the "What Would Grandma Say? Rule" - teach your kids not to post anything that they wouldn't want their grandma, teachers, college admissions, or future employers to see.
- Respect your child's privacy, but if you feel the need to monitor them you can make a rule that they have to befriend or follow you on social media.
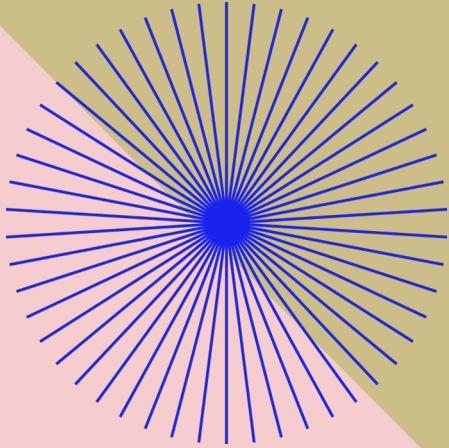
HEALTHY PHONE HABITS FOR 11-14 YEAR OLDS

- Making rules around social media limits
  - Setting designated times where phone usage is not allowed - at dinner time, an hour before bed, during homework time, etc.
  - Keeping the screen time in public areas of the house, avoid a lot of usage in bedrooms with the doors closed.
- Sleep
- Screen-time
  - Links between increased screen time and lower psychological well-being
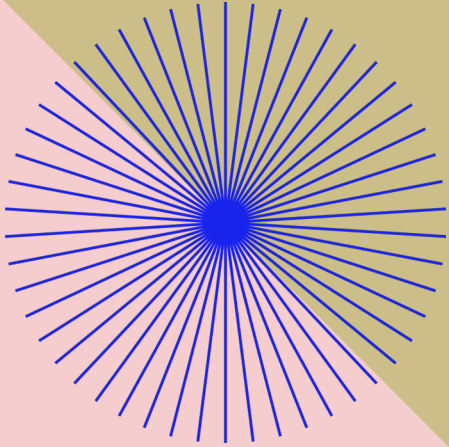
POSITIVE ASPECTS OF SOCIAL MEDIA

- Stay connected with friends and family

- Enhance their creativity by sharing ideas, music, and art

- Meet and interact with others who share similar interests

- Access health information and learn about current events (www.KidsHealth.Org , 2022).

- Encourage your child to explore relationship to social media:

  - Notice how they feel after being on social media? Specific posts or follows that make them feel a kind of way? Notice when they feel the need to scroll?
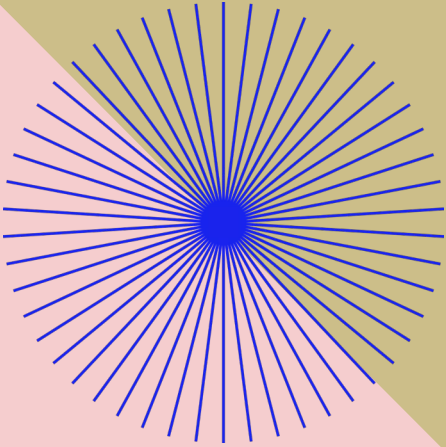
RESOURCES

- American Psychological Association–Leading scientific and professional psychological association
    - APA--Bullying
    - APA—Cyberbullying
- Stop Bullying–Information from various government agencies about bullying and cyberbullying
    - StopBullying.Gov
    - StopBullying.Org Washington State Laws and Policies for WA state regarding bullying/cyberbullying
- Cyberbullying Research Center–provides up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents.
    - Cyberbullying Research Center
    - Cyberbullying Research Center-Questions to Ask Your Child About Cyberbullying
- KidsHealth–dependable information on children's health, behavior, and development from before birth through the teen years.
    - Nemours KidsHealth.Org

QUESTIONS?
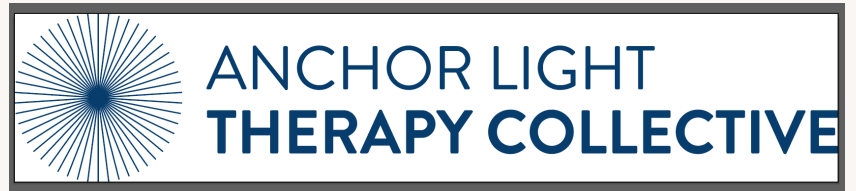
THANK YOU!

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