

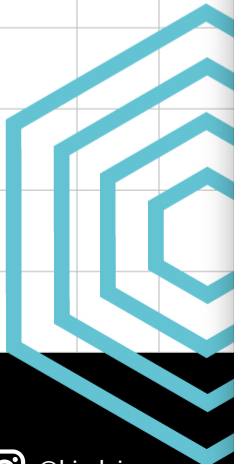


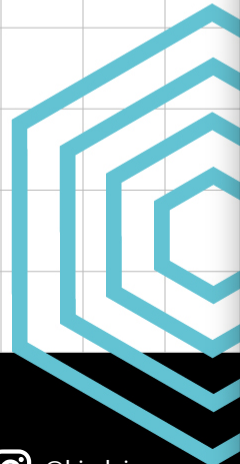
Bullying Prevention Through Empathy Building: Getting Students to Care

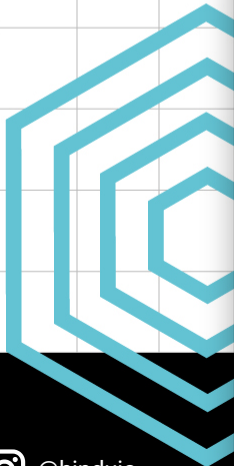
Sameer Hinduja, Ph.D.

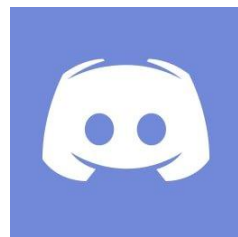
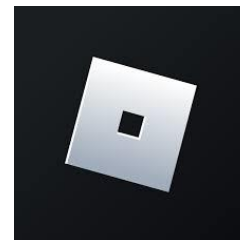
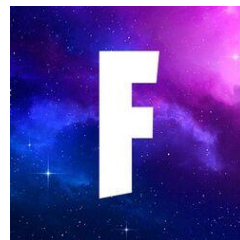
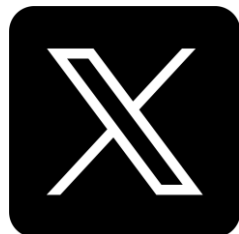
Wednesday, January 10th, 2024

South Southwest Mental Health Technology Transfer Center
Region 6 Training







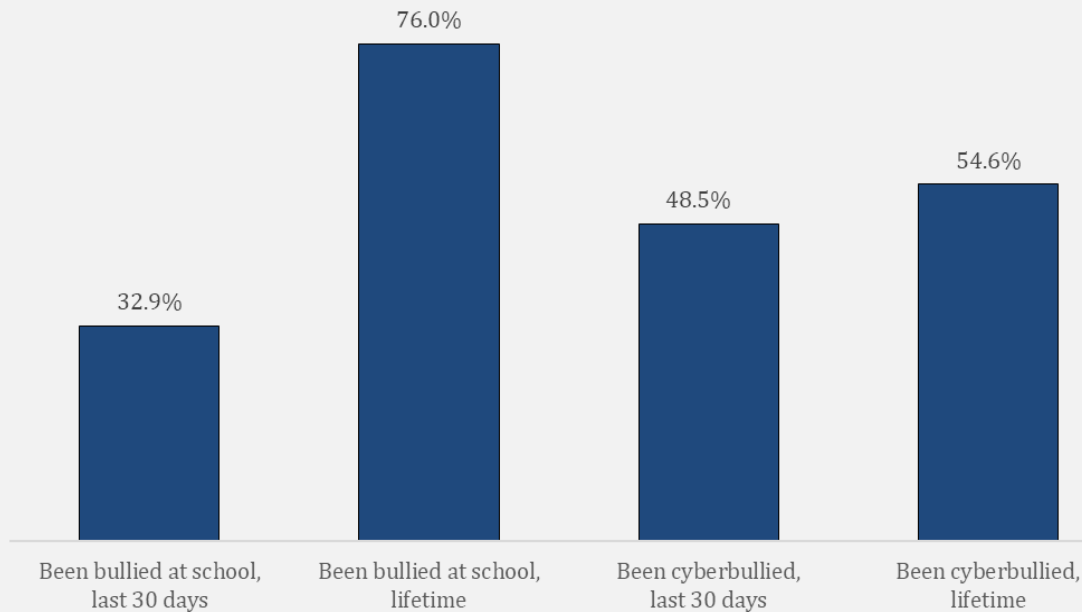






Bullying and Cyberbullying Among Teens

(Nationally representative sample of 5,005 13-17 year-olds)

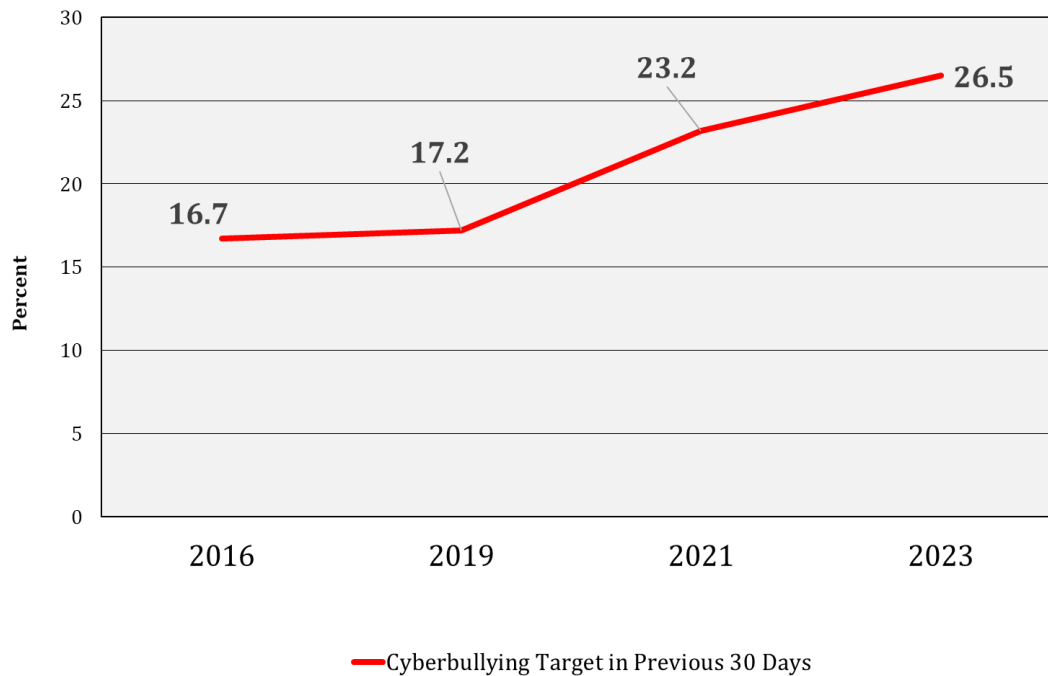


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Cyberbullying Over Time

(Nationally representative samples of U.S. 13- to 17-year-olds)





Specific Forms of Harassment and Harm (N= 5,005 US youth between ages 13-17)

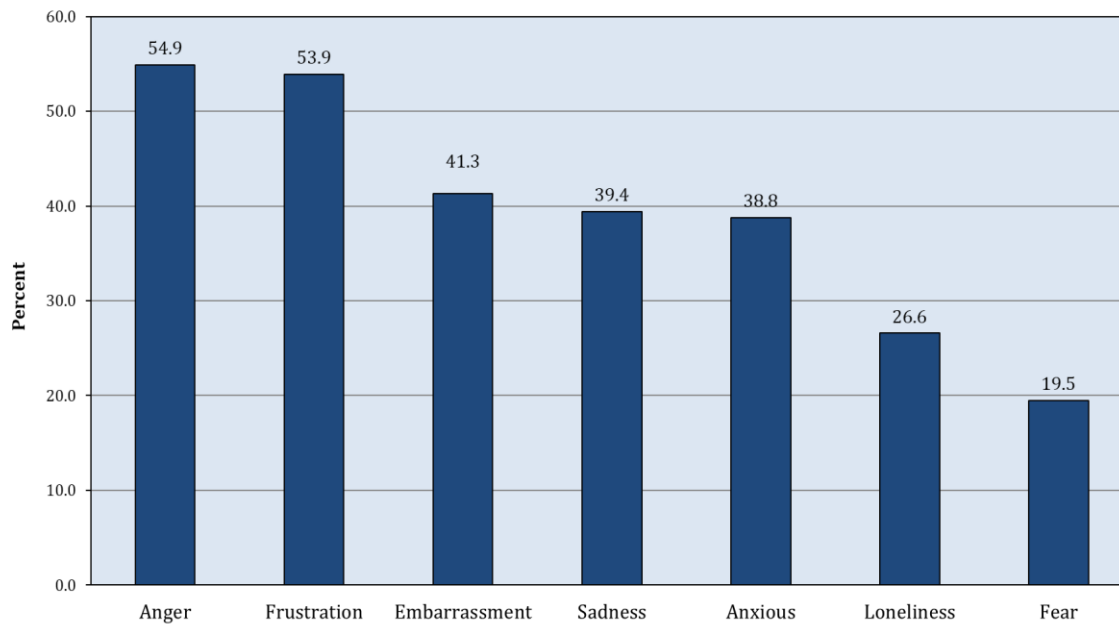
%

I have been cyberbullied (lifetime)	54.6
I have been cyberbullied	26.5
Mean or hurtful comments online	30.4
Someone intentionally excluded me from a group text or group chat	28.9
Spread rumors online	28.4
Someone embarrassed or humiliated me online	26.9
Someone repeatedly contacted me via text or online	→ 22.5
Threatened to hurt me through a cell phone text	20.7
Someone encouraged others to gang up on me online	18.9
Threatened to hurt me online	18.5
Posted mean names or comments online about me with a sexual meaning	→ 15.9
Posted a mean or hurtful picture online of me	15.1
Posted mean names or comments online about my race or color	→ 14.3
Someone stalked me online	→ 14.0
Someone shared my personal information online without my permission	12.8
Pretended to be me online	12.5
Posted a mean or hurtful video online of me	10.1
Someone tracked or monitored my location or activities after I told them to stop	→ 9.8
Posted mean names or comments online about my religion	→ 8.8
Created a mean or hurtful web page about me	7.2
One or more of above, two or more times	43.8



Thinking about your experience with cyberbullying, on a scale of 0-10 how strongly did you feel these emotions?

(those who ranked the emotion as 8 or higher)

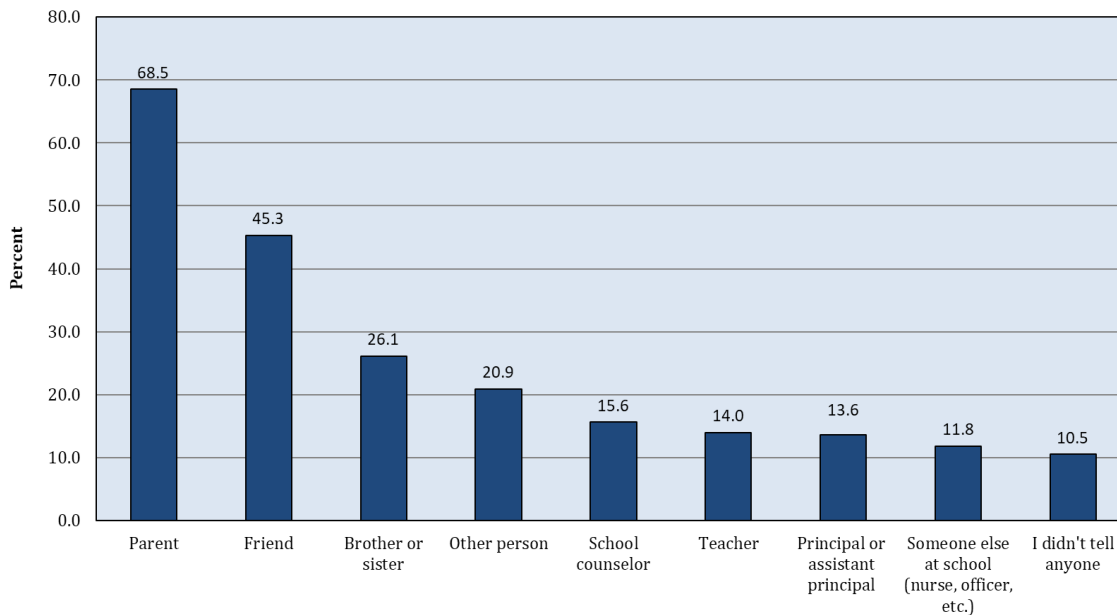


Note: responses from those who have ever been cyberbullied (n=2,733)

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Who did you tell about your experience with cyberbullying?

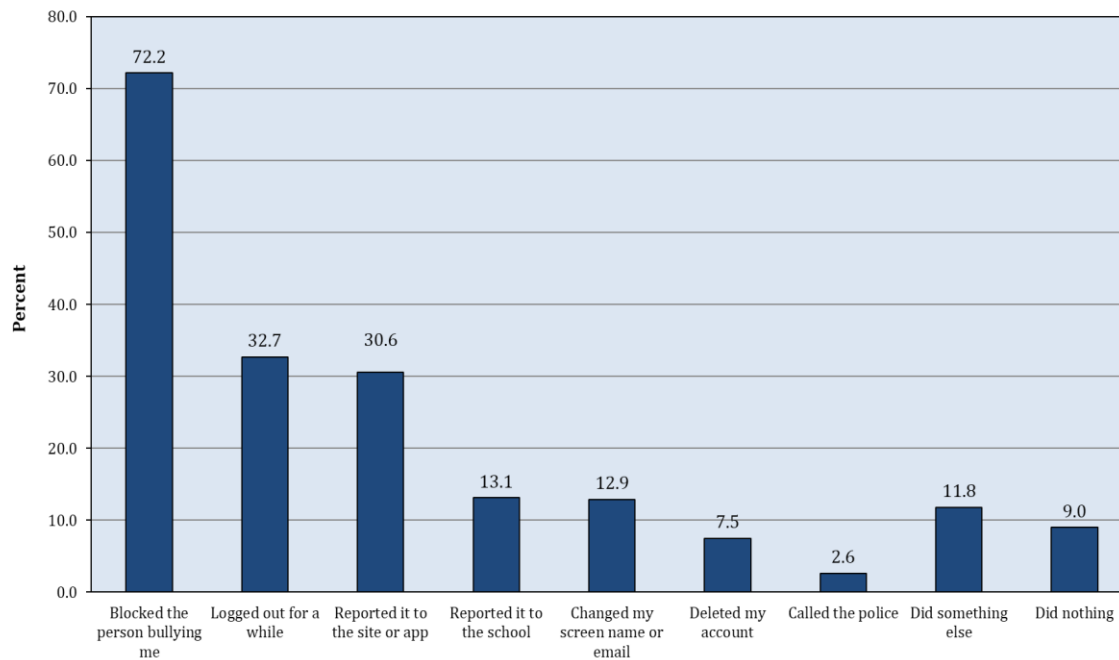


Note: responses from those who have ever been cyberbullied (n=2,733)

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How did you respond to your most recent experience with cyberbullying?



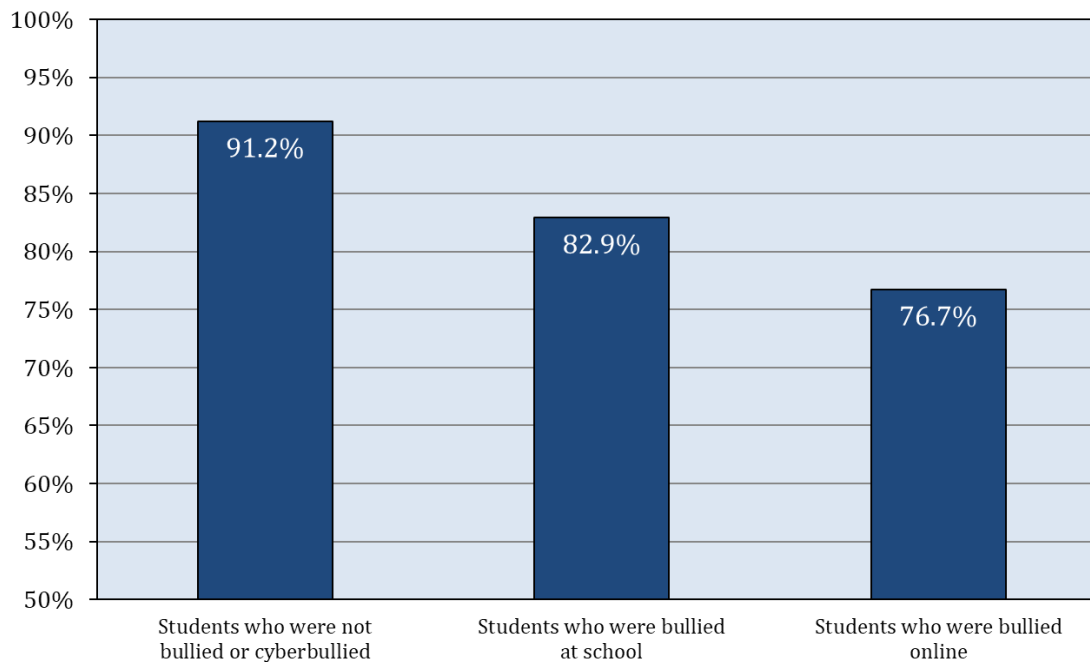
Note: responses from those who have ever been cyberbullied (n=2,733)

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Percent of Students Who Felt Safe at School

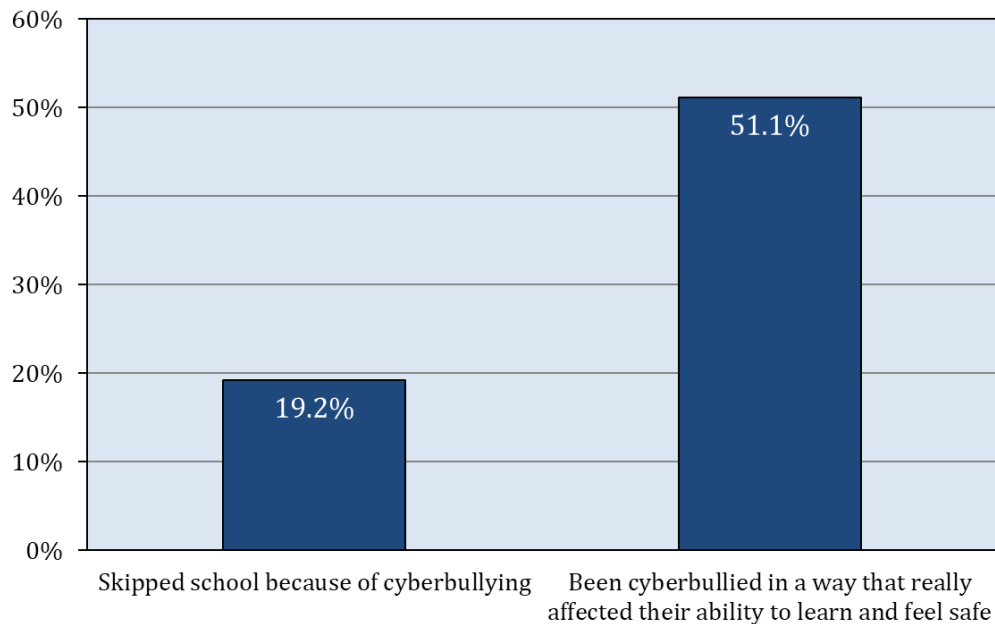
(Nationally representative sample of 5,005 U.S. 13-17 year-olds)





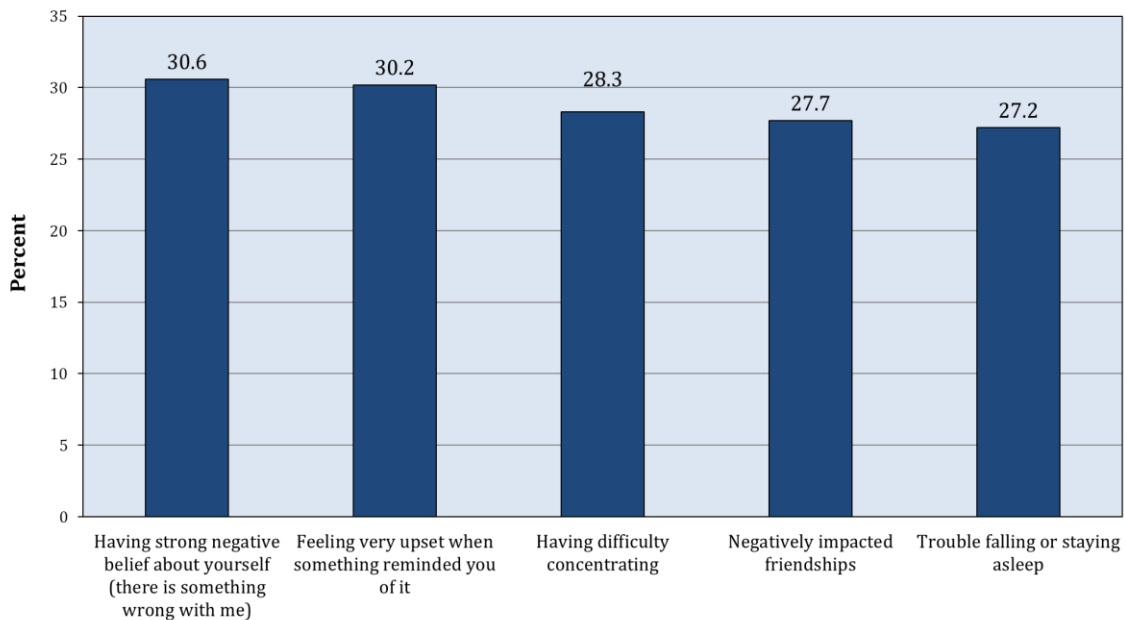
School Avoidance and Cyberbullying

(Nationally representative sample of 5,005 U.S. 13-17 year-olds)





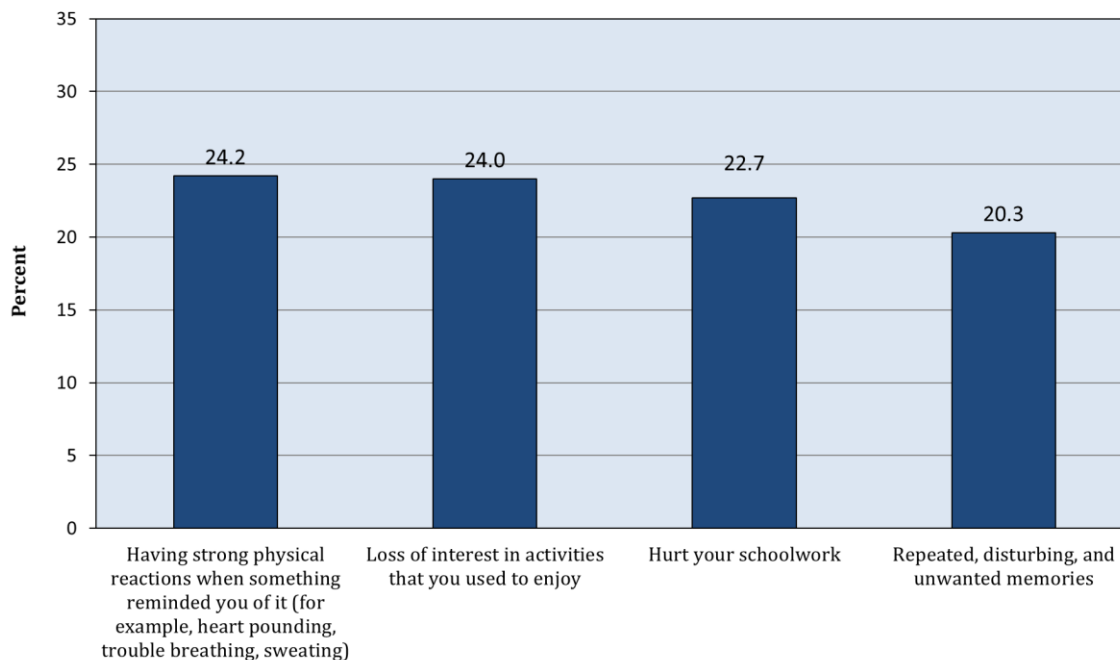
Have been bothered by the following problems "moderately" or "quite a bit" in the past month as a result of cyberbullying.



Note: responses from those who have ever been cyberbullied (n=2,733)



Have been bothered by the following problems "moderately" or "quite a bit" in the past month as a result of cyberbullying.



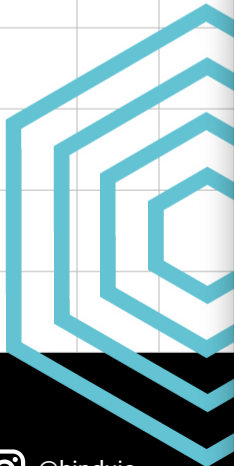
Note: responses from those who have ever been cyberbullied (n=2,733)

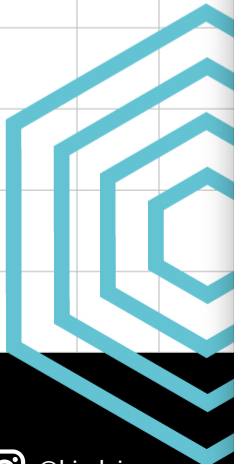


for what is the
to be best in any re
point of view.

Empathy

understanding an
feelings, thought
of another. exper
what is thou

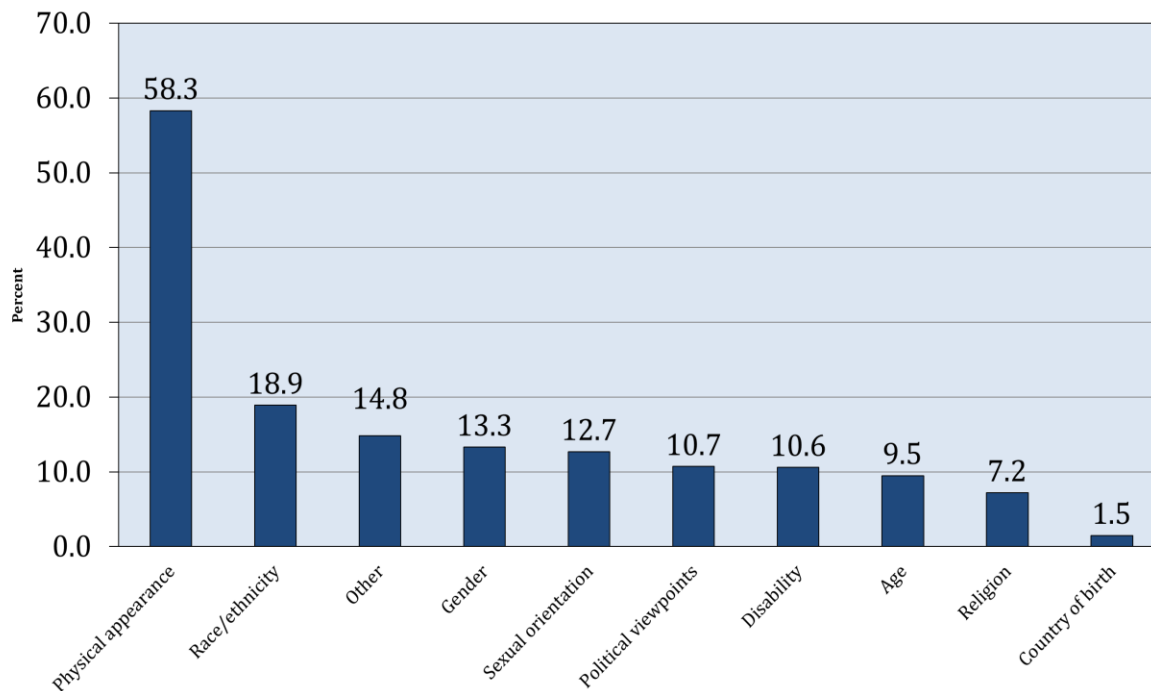






Been Bullied at School Because of Your...

(Nationally representative sample of 2,546 U.S. 13-17 year-olds)



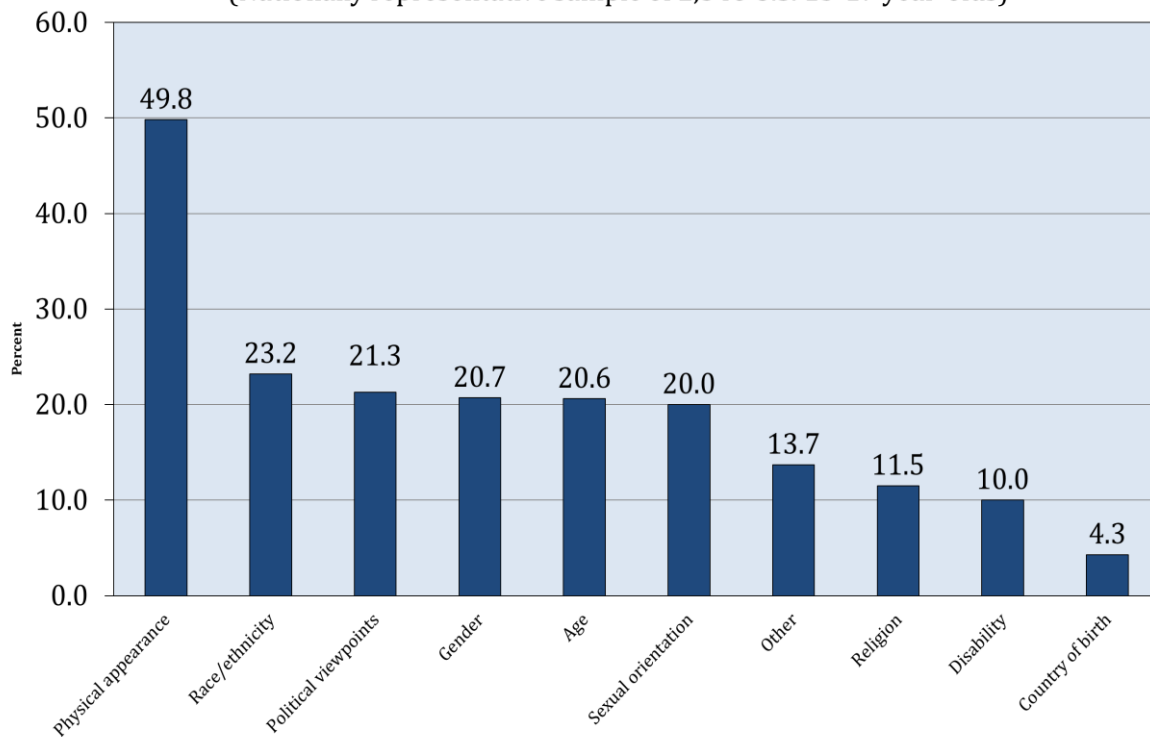
Note: responses from those who have ever been bullied at school

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cyberbullying.org



Been Cyberbullied Because of Your...

(Nationally representative sample of 2,546 U.S. 13-17 year-olds)



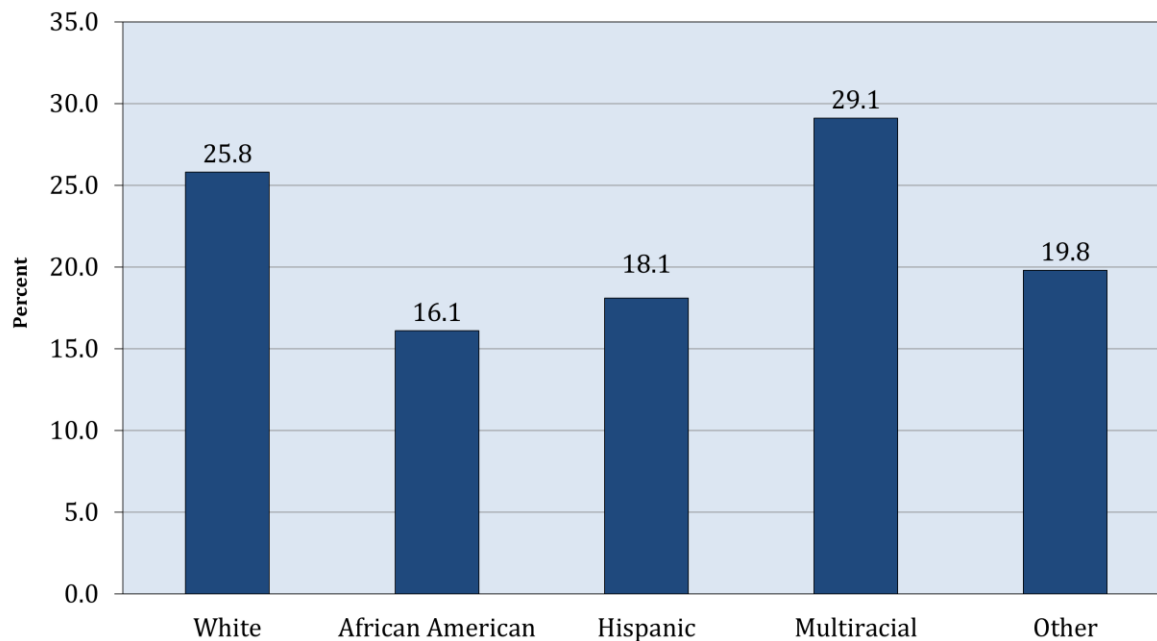
Note: responses from those who have ever been cyberbullied

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Recent Cyberbullying Victimization by Race

(Nationally representative sample of 2,546 U.S. 13-17 year-olds)

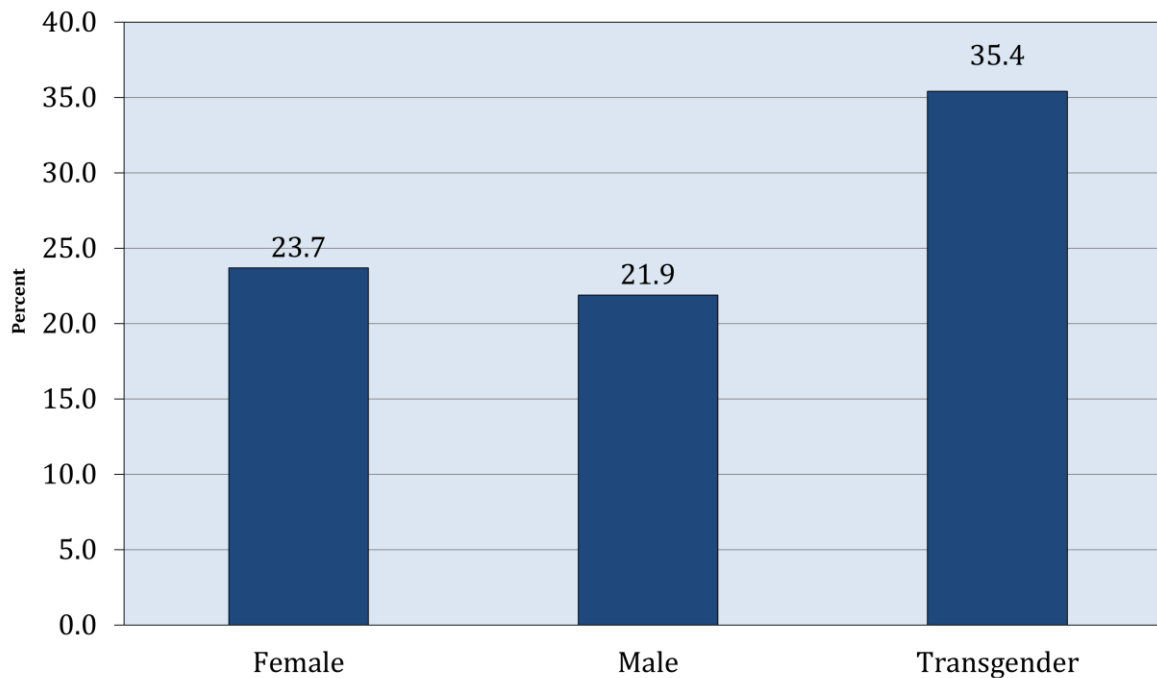


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Recent Cyberbullying Victimization by Gender

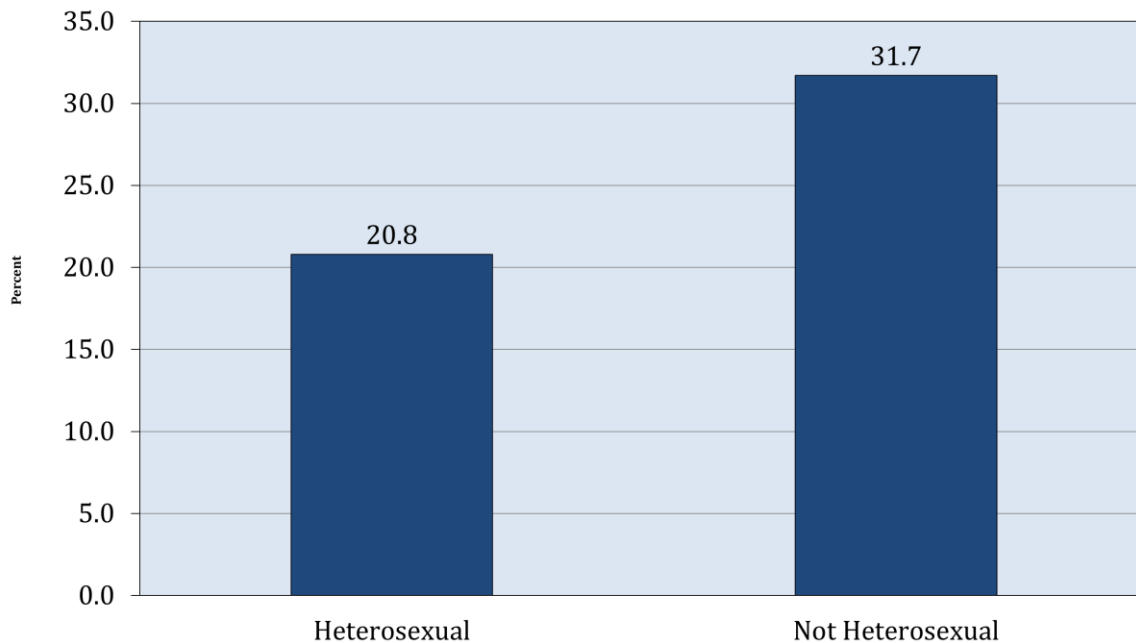
(Nationally representative sample of 2,546 U.S. 13-17 year-olds)



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cyberbullying.org



Recent Cyberbullying Victimization by Sexual Orientation (Nationally representative sample of 2,546 U.S. 13-17 year-olds)

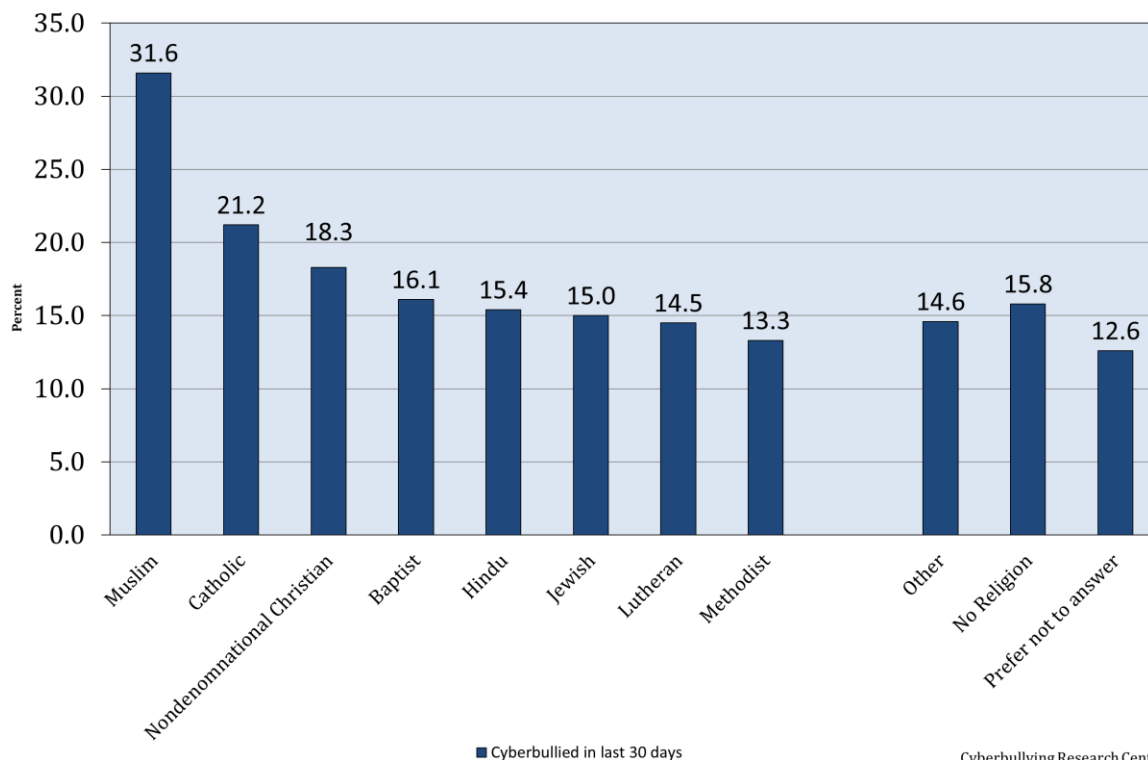


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Cyberbullying by Religion

(Nationally representative sample of 5,000 U.S. 12-17 year-olds)



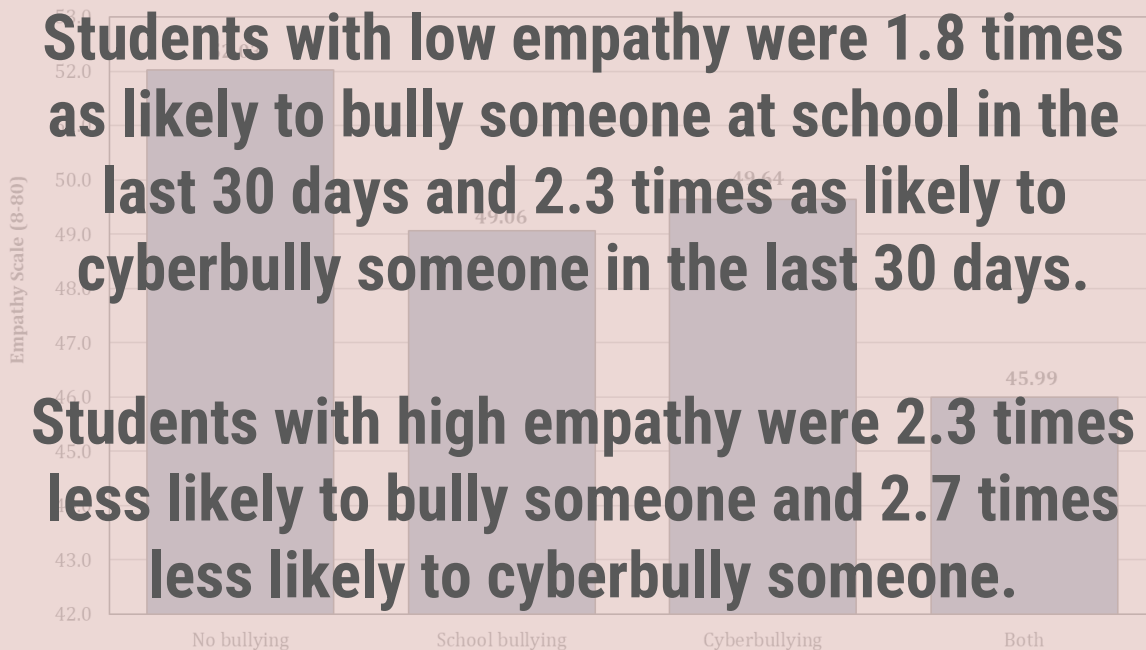
Cyberbullying Research Center
cyberbullying.org



Cyberbullying Research Center
www.cyberbullying.org

Empathy and Bullying Offending Among Middle and High School Students (national U.S. sample of 4,972 12-17 year-olds)

Students with low empathy were 1.8 times as likely to bully someone at school in the last 30 days and 2.3 times as likely to cyberbully someone in the last 30 days.



Students with high empathy were 2.3 times less likely to bully someone and 2.7 times less likely to cyberbully someone.



Journal of Early Adolescence

1–32

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DOI: 10.1177/02724316221088757

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Bias-Based Cyberbullying Among Early Adolescents: Associations With Cognitive and Affective Empathy

Sameer Hinduja¹  and Justin W. Patchin² 

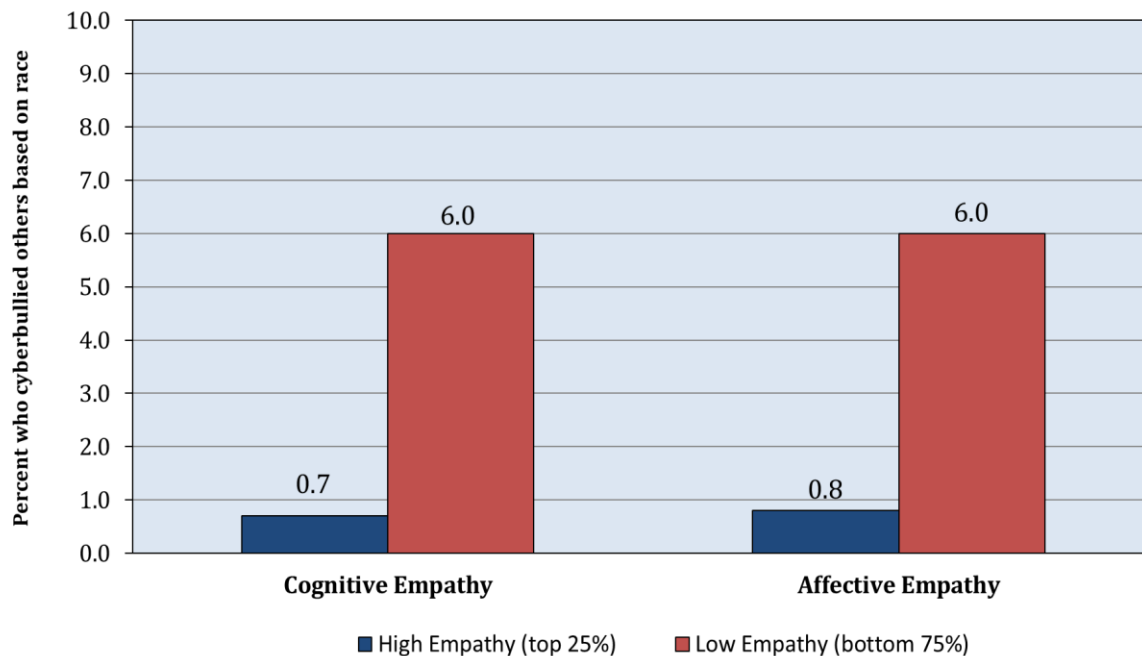
Abstract

Bias-based cyberbullying involves repeated hurtful actions online that devalue or harass one's peers specific to an identity-based characteristic. Cyberbullying in general has received increased scholarly scrutiny over the last decade, but the subtype of bias-based cyberbullying has been much less frequently investigated, with no known previous studies involving youth across the United States. The current study explores whether empathy



Empathy and Race-Based Cyberbullying Offending

(nationally representative sample of 2,472 U.S. 12-17 year-olds in 2019)



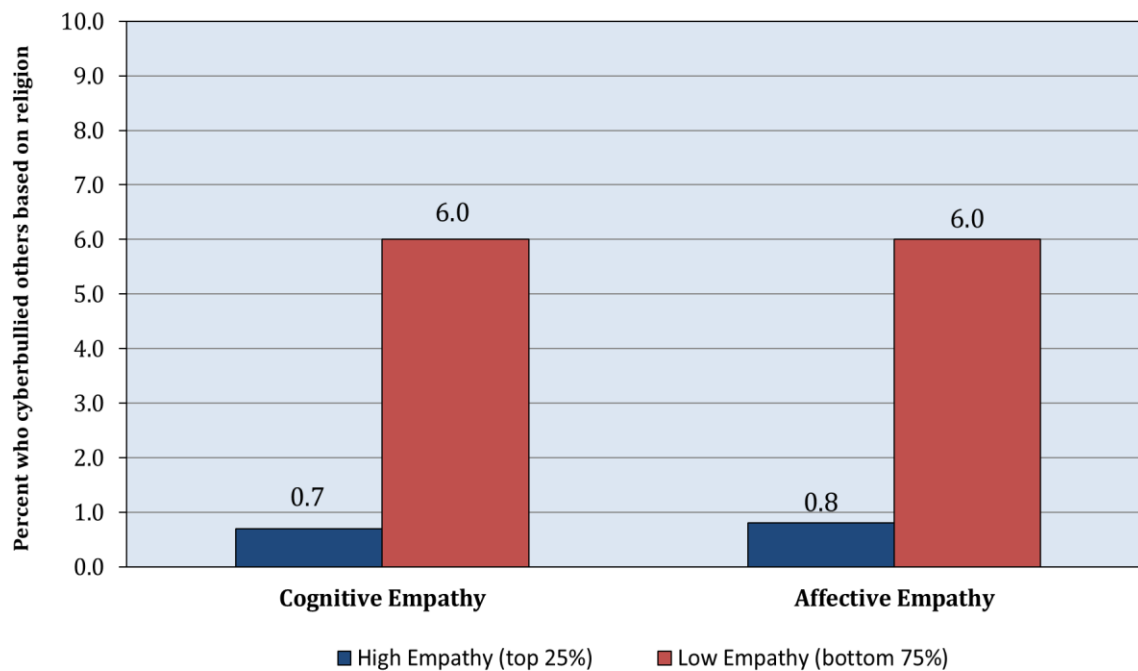
Basic Empathy Scale (Jolliffe & Farrington, 2006) - 25th percentile scoring 28 or higher on cognitive empathy, 31 or higher on affective empathy

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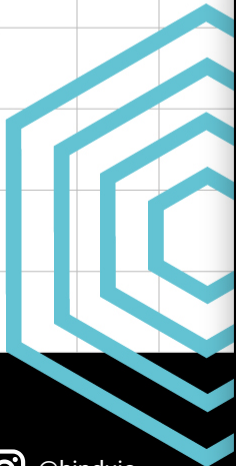
Empathy and Religion-Based Cyberbullying Offending

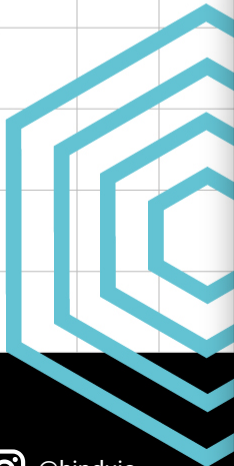
(nationally representative sample of 2,472 U.S. 12-17 year-olds in 2019)

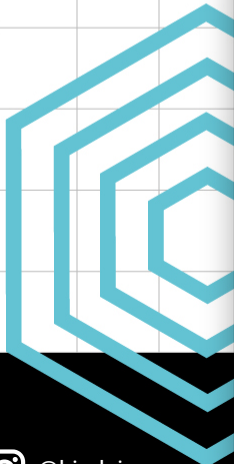


Basic Empathy Scale (Jolliffe & Farrington, 2006) - 25th percentile scoring 28 or higher on cognitive empathy, 31 or higher on affective empathy

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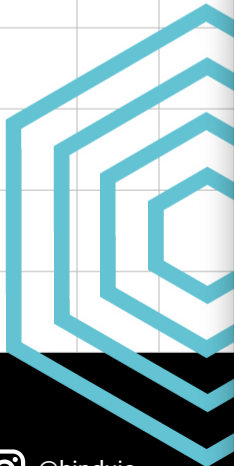


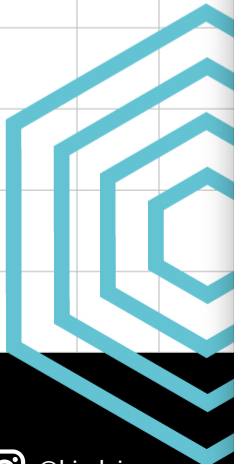


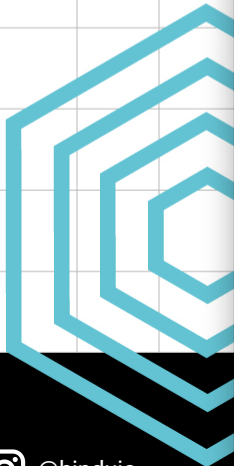




NAME IT
TAME IT





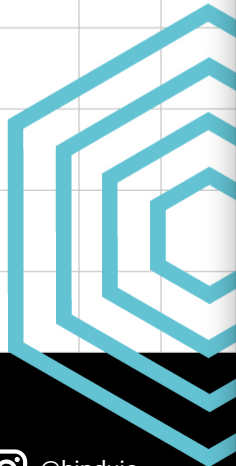




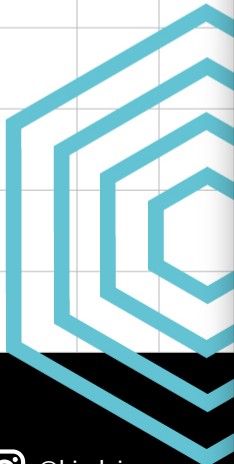
Tell me about the harm being caused in this situation. What does that look like, immediately and long-term?

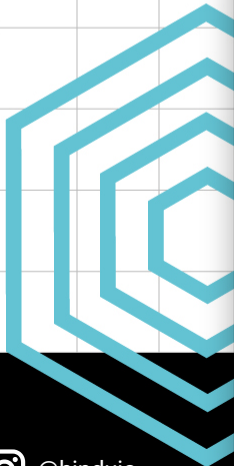
What could help make the situation better?

If you were involved in the scenario (as a target, aggressor, bystander, teacher, or administrator), what would you do differently?













Purposeful Acts of Kindness

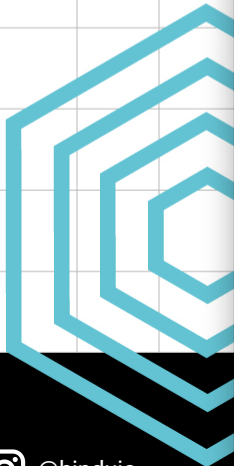
Planner and Log

A Month of Kindness

Date	Purposeful Act of Kindness	Random Act of Kindness

No Act of Kindness, however small,
is ever wasted. -Aesop





TED Ideas worth spreading

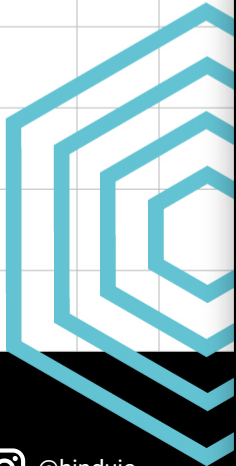
WATCH

A video player interface showing a portrait of Chimamanda Ngozi Adichie wearing a patterned headwrap. A large white play button is centered over the video. Below the video, the text reads 'Chimamanda Ngozi Adichie at TEDGlobal 2009' and 'The danger of a single story'. At the bottom, there is a progress bar, a play button icon, the time '18:43', and a speaker icon.


Chimamanda Ngozi Adichie at TEDGlobal 2009

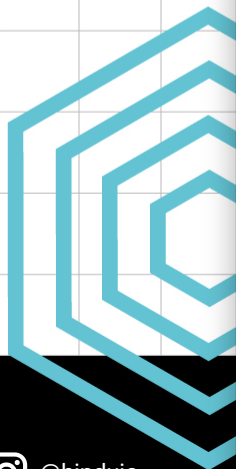
The danger of a single story

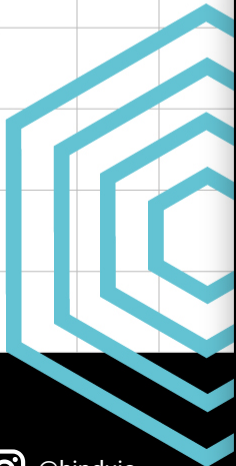
▶ ————— 18:43 🔊



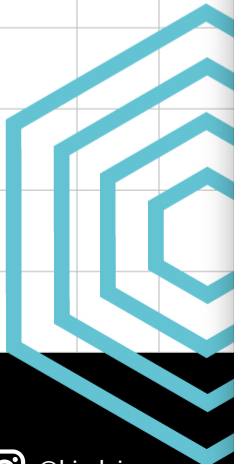
X @hinduja

 hinduja.org
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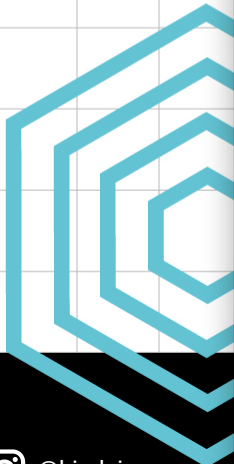
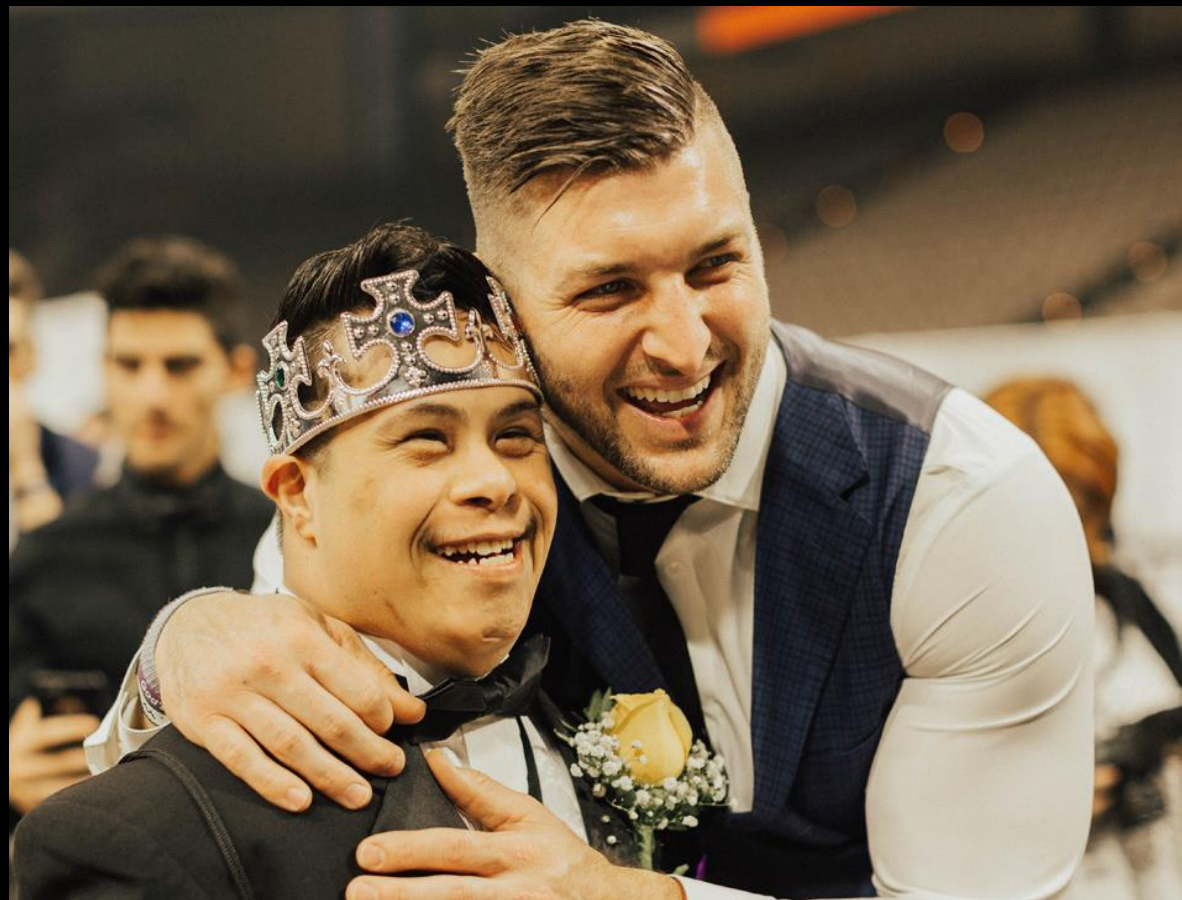






- 1) How could you connect with the emotion in the photo or movie presented by your peer?**
- 2) How could you connect with the emotion in the photo or movie presented by yourself?**
- 3) Was it easy to convey the emotion you wanted?**
- 4) Do you feel closer to your peers after completing this project, why or why not?**







**“I thank you most sincerely, for your simple ways of teaching.
Pressing me to think, and to remember to keep on reaching.
Students always remember, the great teachers they had.
They conjure quite a feeling, a special kind of glad.
You never doubted me, though I had a confused look.
You were able to show me stuff, I couldn't learn in books.
You were the one who said I could, when I said that I could not.
You are the one who knew I knew, when I had forgot.
Thank you for being that special teacher, who made me who I
am.
The one I will remember, you have a lifetime fan.”**





10:51 📶 🔋

< **humansofny** 🔵 ⋮


 **5,019** Posts **9.5M** Followers **166** Following

Humans of New York
New York City, one story at a time. Currently posting stories from Hong Kong. 🇺🇸
www.patreon.com/humansofnewyork
Followed by **jennyboltprice**, **ibpaworld** and 47 others

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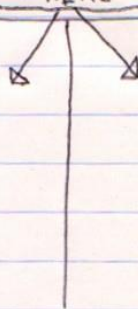


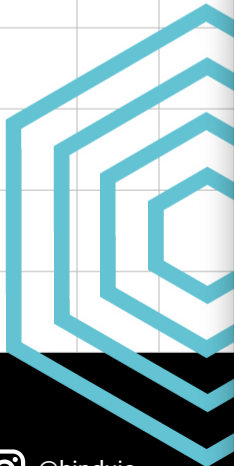
    





BEST INSERT
YOUR NAME
HERE WORST

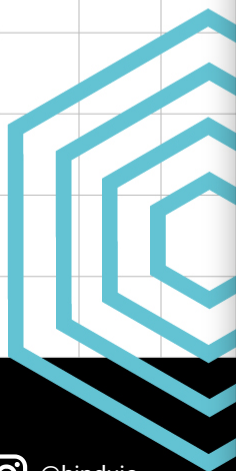







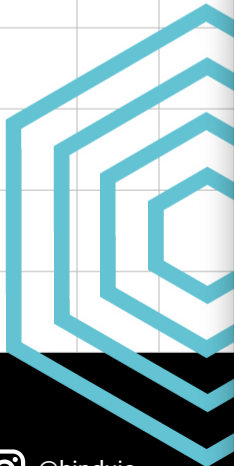


 **hoops of hope**
TAKE YOUR BEST SHOT.




X @hinduja

 hinduja.org
cyberbullying.org

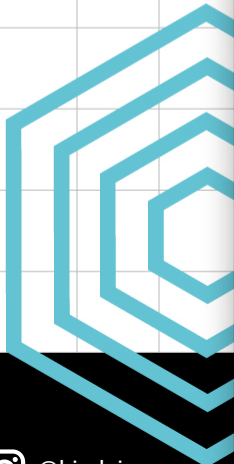
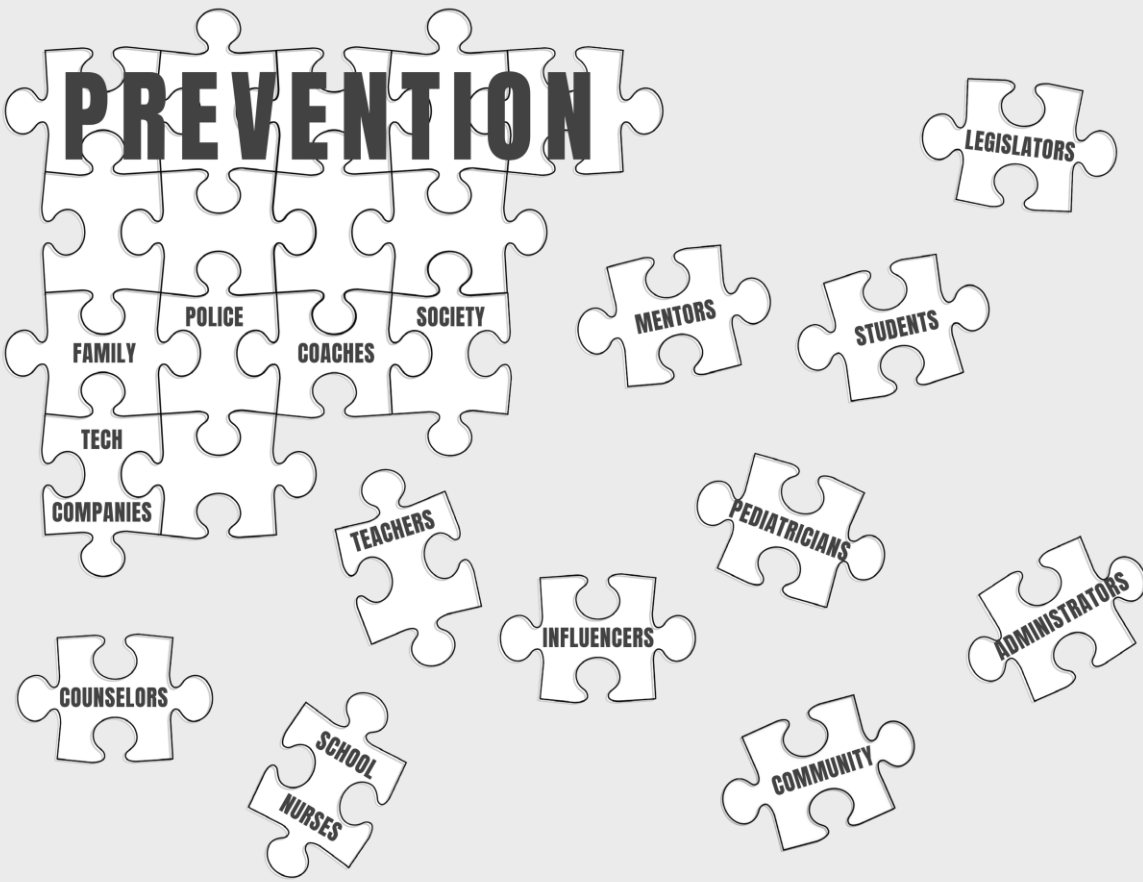


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PREVENTION





CYBERBULLYING
RESEARCH CENTER



RESOURCES LAWS RESEARCH PRESENTATIONS BLOG BOOKS CONNECT



cyberbullying.org
hinduja.org
sameer@hinduja.org
@hinduja

Takeaways from the Surgeon General's Advisory on Social Media

U.S. Surgeon General Dr. Vivek Murthy issued an advisory earlier this year entitled "Social Media and Youth Mental Health." In this public statement, Dr. Murthy summarizes the (limited and often methodologically shaky) research related to adolescents use of social media. His primary focus is on mental health, though other aspects of child wellbeing are also [...]