



# Healthy Relationships: Navigating Cyberbullying and Cyberviolence



**Parents/Guardians  
Grade 7-12  
Students**

# Land acknowledgement

ADFO, CPCO and OPC would like to acknowledge the enduring presence of Indigenous peoples on the lands on which we gather today across Ontario and we thank the past, present and future caretakers of this land.

These lands are gathering points where age old ceremonies of celebration, initiation and renewal took place. The principals' associations are grateful to have the opportunity to work and learn on these lands in a community of sharing.

# OUR PARTNERS



Funding provided by:



# OUR CONTRIBUTORS 2016 - 2020



Law Enforcement



Social Service Providers



Principal Associations



Provincial School Boards

# Facilitation Team

- Linda Massey, HR Chair, OPC
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- Sarah Rogers, Program Director, VST



# HEALTHY RELATIONSHIPS: NAVIGATING CYBERVIOLENCE AND CYBERBULLYING

4-Year Partnership Project 2016-2020

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## Project Scope

- ❖ **Scale up implementation** of the resources that supports Principals and Vice-Principals
- ❖ **Expand social media youth initiatives** and develop a “best practices” youth engagement guide
- ❖ **Provide opportunity for Parent/Guardian** involvement via focus group
- ❖ **Continue to engage Partners** cross sectoral collaborative meetings



WHY IS THIS  
IMPORTANT?



# STOP A BULLY CANADA

- ❖ 1 in 5 Canadian teens have witnessed online bullying
- ❖ 25% of kids between 12-15 have witnessed cyberbullying
- ❖ 51% of all teens have had negative experience with social networking



News Release

# Ontario Takes New Actions to Combat Bullying in Schools

## New Initiatives Aimed at Bullying Prevention and Reporting

November 27, 2019 9:30 A.M. | [Ministry of Education](#)

TORONTO — Today, Stephen Lecce, Minister of Education, announced five new measures to prevent and combat bullying in Ontario schools to improve student safety and well-being. These latest steps include:

- The assignment of Christina Mitas, MPP for Scarborough Centre and former teacher, to advise the Minister on education matters with a focus on bullying prevention;
- A province-wide survey to better understand students' experiences with bullying;
- Training for educators in anti-bullying and de-escalation techniques;
- A review of school reporting practices on bullying; and
- A review of the definition of bullying in ministry policies to ensure it reflects the realities of today.



- The government has updated the Health and Physical Education curriculum for grades 1 to 8 to now include mandatory learning about online safety in all grades. In addition, learning about cyberbullying, cyber security and privacy has increased. Implementation of the updated curriculum began in September 2019.

- The government has invested \$3.18 million in the 2019-20 fiscal year towards various programs, partnerships and services that help to promote a positive school climate, support healthy relationships, build empathy and address bullying and cyberbullying.



# FRAMES OF MINDS



- ❖ Brain development (thinking and decision-making) takes place in the prefrontal cortex
- ❖ Relationships have evolved/changed as a result of increased online interaction as has the age of engagement
- ❖ Young people are not always equipped well enough to deal with the emotional ramifications

# WHY WE NEED TO BE INVOLVED?

- ❖ Producing sexual imagery can expose students to uncontrollable risks
- ❖ Images do get shared
- ❖ Embarrassment, bullying or shaming happens
- ❖ Vulnerability to sexual exploitation is a real threat to safety
- ❖ Increased media coverage of cyber incidences





# Walk Alongside



INFORMATION

INVOLVEMENT



LEADERSHIP





Guest speakers from the field of cyber safety will advise parents/guardians and school leaders on:

- navigating the risks of cyberbullying, sexual exploitation, and cyberviolence
- building healthy online relationships and safe spaces for students
- using the internet for positive purposes

*We invite you to submit questions or comments in the Q&A section at any time during the webinar*



A photograph of four students in a library setting. A young man in a grey t-shirt is smiling and looking towards a young woman with glasses who is holding a laptop. Another young woman is looking at the laptop, and a young man is partially visible in the foreground. The background shows bookshelves filled with books. The image has a semi-transparent orange overlay on the left side and a semi-transparent blue overlay at the bottom.

# Guest Speakers:

- Constable Megan McGarry
- Sarah Rogers, Victim Services Toronto
- Kym Stadnyk, Secondary School Administrator

Constable Megan McGarry  
School Engagement Team









**DON'T COMPLAIN ABOUT  
YOUR RESEARCH PROJECT.**

**THIS WAS MY GOOGLE.**

imafflo.com

shared by

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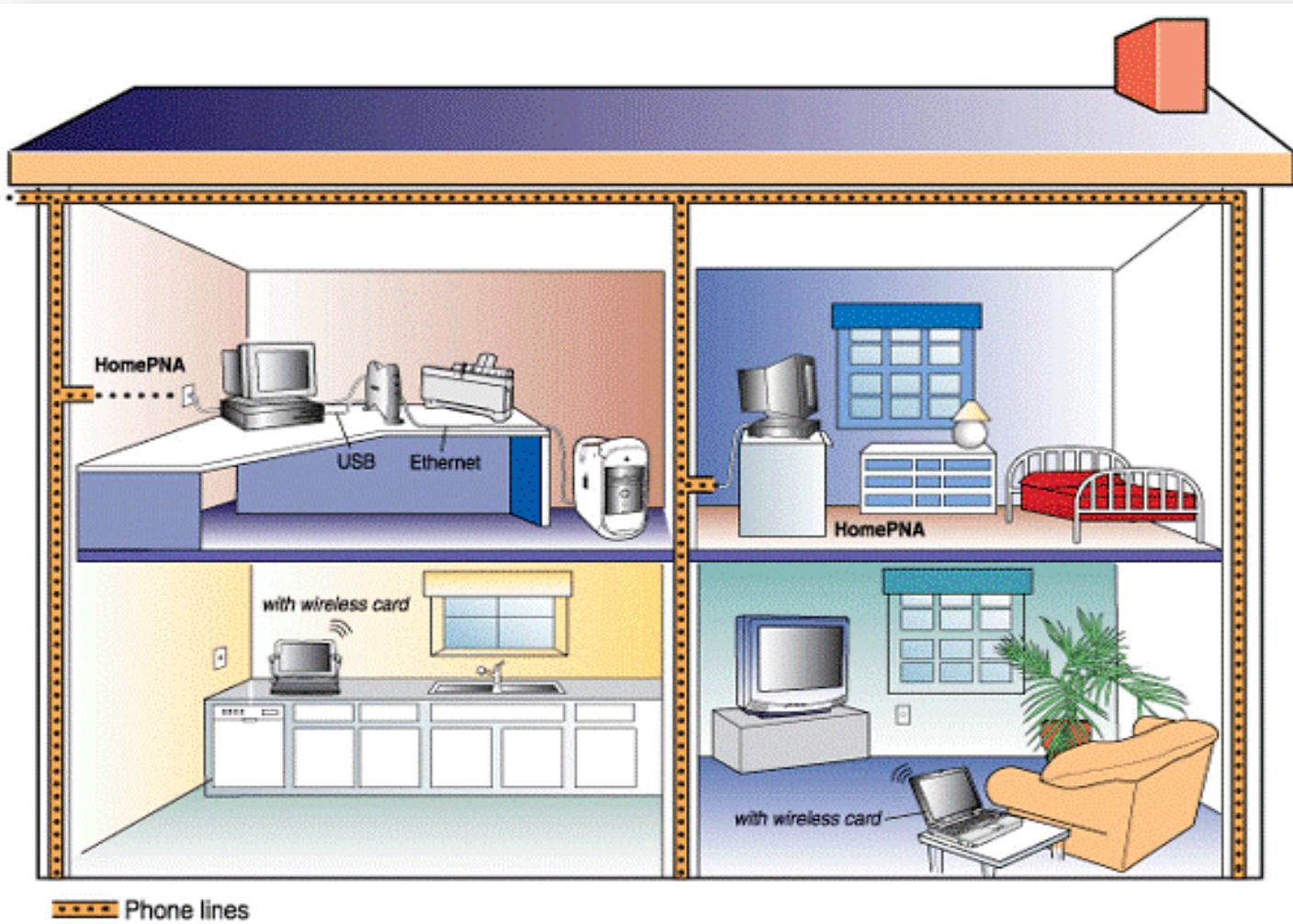








# Technology in the Home



## STUDY:

- Roughly 99% of the students in the Toronto area have access to at least one computer at home.
- 2/3 of these students have more than one computer.
- Approximately half of the students own a cellular phone.







# C is for Internet Safety

Canadian Centre for Child Protection's **three Cs** of internet safety:

Content

Contact

Conduct

## Content

Know and explore the games, apps and websites your child wants to use to see if they are age appropriate. Review the program's terms of use to see what the minimum age is for use.

## Contact

Know where and how to report inappropriate content/messages. Enable controls and privacy settings on apps/services to limit who can see posted photos or videos. Make sure that no one can speak to or message your child without their permission.

## Conduct

Set and discuss limits on what your child posts and shares online. Discuss their reasons for sharing publicly and whether it could be misused to embarrass or cause distress.

→ A parent or safe adult should always supervise the online activities of young children

# TALK about the RISKS at every age

## Younger Children

- Netiquette
- Cyberbullying
- Looking up inappropriate content
- Pop ups/Passwords
- Not Trusting Everyone you meet online

## Tweens & Teens

- Netiquette
- Cyberbullying
- Looking up inappropriate content
- Sexting (Self Peer Exploitation)
- NOT to post personal/inappropriate pics or information

➔ YES You do get to go through their posts / texts  
IT IS OUR JOB AS TRUSTED ADULTS



**ALWAYS KEEP THE LINES OF COMMUNICATION OPEN**

**\*\*GO WITH YOUR GUT\*\***



LEADERSHIP  
EN ACTION

PRINCIPAL  
ASSOCIATION  
PROJECTS



Checked your internet history lately???

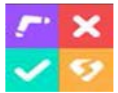
Your parents, teachers,  
employers, future  
colleges, and  
police can  
find it as  
well.



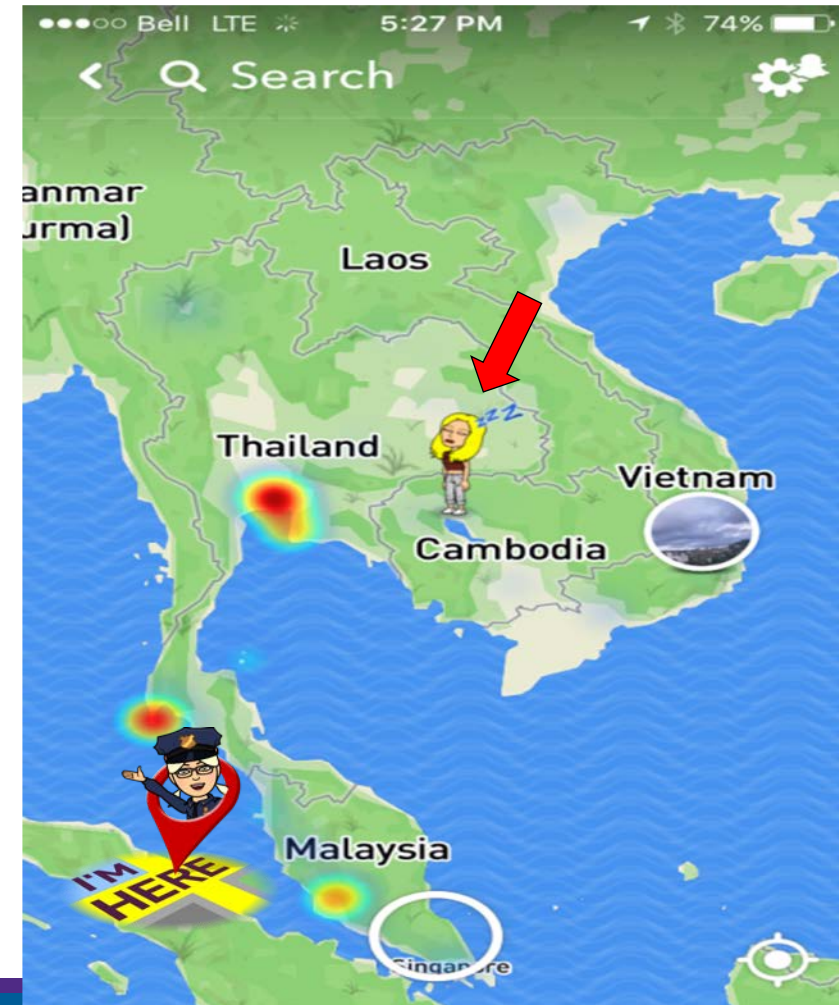
# Digital Citizenship.....



Tik Tok



FORTNITE





# LIFE GOALS

## The Ripple Effect



ONE SMALL CHANGE  
CAN HAVE AN ENORMOUS IMPACT

# The Social Media Phenomenon



Jack Dorsey [Twitter  ]



Mike Krieger & Kevin Systrom [Instagram



Evan Spiegel & Bobby Murphy

[Snapchat  ]



Mark Zuckerberg [Facebook



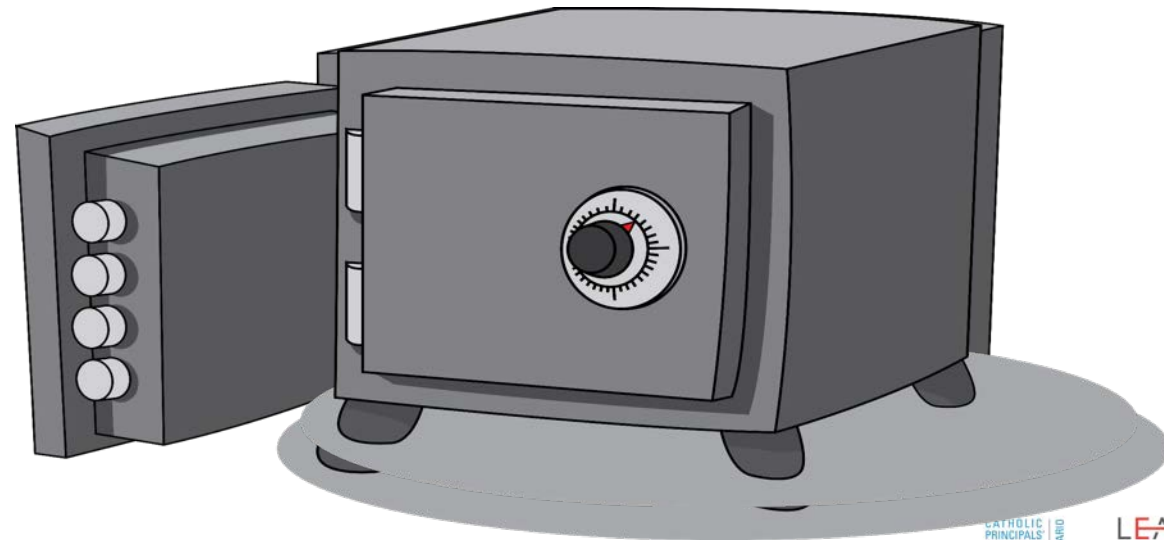
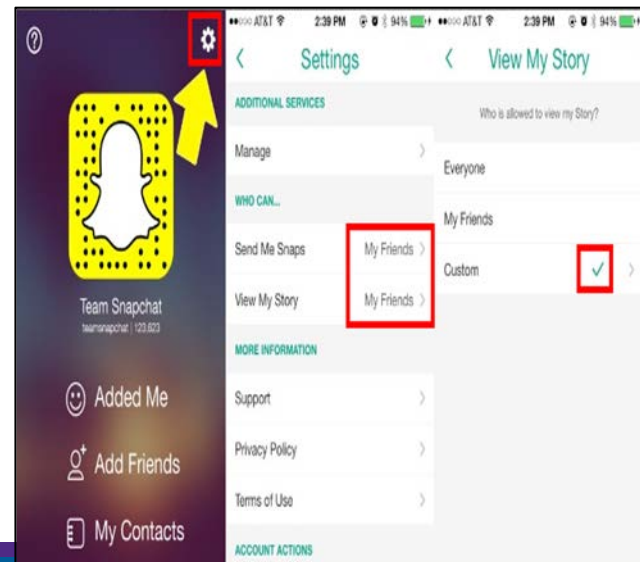
CATHOLIC  
PRINCIPALS  
LEADERSHIP  
DEVELOPMENT  
ONTARIO

LEADERSHIP  
EN ACTION

PRINCIPAL  
ASSOCIATION  
PROJECTS

# Tips For Protecting Your Privacy

- Never share personal information (address, password, phone number, bank account number, etc.) online
- Think before you click – be aware of suspicious links
- Use strong passwords and keep them secret
- Think twice about the information and images you want to share online, and with whom
- Use privacy & permission settings – don't leave your social media accounts public



Canada

CATHOLIC  
PRINCIPALS  
LEADERSHIP  
DEVELOPMENT  
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PROJECTS



# Digital Stressors

Receiving mean & harassing personal attacks

Public Shaming & Humiliation

Breaking & entering into accounts & devices

Feeling Smothered

Impersonation

Pressure to Comply

Obtaining "enough" likes, compliments, followers → attention

Online Predators

Looking "Good Enough"



UNDER CONSTRUCTION



# Statistics

- **46%** have chatted online with a stranger
  - ↳ 14.29% of those chats used webcams
- **31%** reported a negative experience with a stranger online
  - ↳ 21.5% have talked about meeting in person
- **60%** bypass age restrictions (lie about age) to gain access
- **53%** admitted to chatting online without their parents' knowledge
- Canadian Centre for Child Protection (2015-16), there was an **89%** increase in sextortion reports made by boys & a **66%** increase by girls\*

- October 2015: Research paper by Angelina MASON
  - 140 students aged 15-18 years (64 females, 74 males)
- \*Based on reported incidents of online sextortion to the Canadian Centre for Child Protection in 2015 and 2016, compared to 2013 and 2014, via [www.cybertip.ca](http://www.cybertip.ca), Canada's tipline to report online sexual exploitation of children.

# What is a Healthy Relationship?

**Respect**

**Safety**

**Trust**

**Independence**

**Communication**

**Fun**

# CYBER SEA







- An INTIMATE IMAGE is a photo or video that shows a person who is naked or semi-naked or who is engaged in sexual activity.
- SEXTING is the exchange of these images and videos, and/or sending sexual messages through social media, text, or e-mail.



# WHY are they doing this???

- To be funny
- Peer pressure
- Impress someone they like
- To see how many “likes” they will get
- To share with their boyfriend or girlfriend
- Sextortion

# There is a sexual picture/video of me online.

## What can I do?

- Tell someone you trust – your parents, a teacher, a police officer, a counsellor.
- Talk to someone on the phone anonymously – **Kids Help Phone** (1-800-668-6868).
- Report the incident to the website or social media platform.
- Visit **NeedHelpNow.ca** to learn how to take down the photo from social media accounts
- Report the photo to **CyberTip.ca**





# What does the law say?

Non-Consensual Distribution of an Intimate Image

Identity Theft/Fraud

Counselling to Commit Suicide

Online Luring

Defamatory Libel

Intimidation

School Consequences

Blackmail (Extortion)

Child Pornography

Making Sexually Explicit Material Available to a Person Under 18

Uttering Threats

Criminal Harassment

Education Act

Moral & ethical responsibility





# Make Sure Children Know Their Rights

THEY HAVE A RIGHT TO....

- Be treated with respect
- Say yes or no
- Be a kid
- Protect their online activity
- Get help



# PROJECT PARTNERSHIP



victim services  
toronto

Sarah Rogers  
Program Director  
Victim Services Toronto



# Cyberviolence

Umbrella term used to describe a wide range of online behaviours which are intentionally done to hurt others. Including but not limited to:

- Cyberbullying
- Cyberharassment
- Cyber Sexual Harassment
- Sextortion
- Luring
- Non-consensual distribution of intimate images

# Cyberbullying

Behaviour directed towards another individual or group with the intent to cause emotional harm through the use of technology such as the internet and electronic devices. Including but not limited

## Examples:

- Hateful and insulting text messages, emails, and private/public online messages
- Making fake accounts
- Outing
- Spreading rumours and gossip





# Digital Leadership and Citizenship

Creating positive change through technology

- Branding
- Etiquette
- Privacy
- Safety
- See something, say something



# Social Media Chat - #TEARtalk

Instagram and Twitter

Hosted by T.E.A.R. Youth Leaders

Thursdays, 7p-8p  
@VSToronto

Volunteer Hours:

E-mail:  
tearyouth@victimservicestoronto.com



Kym Stadnyk  
Secondary School Administrator  
Member: Ontario Principals' Council

# Continue to know your child

- Trust and positive relationships in the home, with extended families, and with friends is significant.
- Does your child really know that they can trust you with a sensitive disclosure?
- Teens often think their friends understand them better as they are in the similar experiences and cannot 'think' parents would, nor would they want their parent to know.



# Looking Back and Going Forward

- Social development for children/adolescents is important as it's about relationships and the emotional connectedness of relationships.
- Self- Awareness is significant as it connects to brain development but also self-respect and how we view ourselves as adolescents.
- Develop personal responsibility and decision-making skills (planning for the *what if's* in life). This impacts getting involved in the wrong situation but we need our youth to know how to navigate to get out of the situation.
- Be build resiliency and optimism but the adolescent brain does not understand the real pitfalls or repercussions.

# The school is the centre of an adolescent's community

- We are tasked to develop critical thinking and problem-solving skills naturally in how we educate adolescents.
- Teachers are also entrusted to build positive relationships with students, demonstrating care, compassion and understanding.
- School's Action - We might not know precisely the situation but we sense it – attendance, dress, hygiene, friendships, social isolation, social media.
- Students thus turn to caring adults in the building – teachers, guidance counsellors, administrative and support staff and sensitive information is sometimes revealed.

# Resources

CYBER SAFETY – PARENT TIP SHEET

## Healthy Relationships

### Navigating Cyberbullying and Cyberviolence Webinar

1. Promote open and supportive communication.
2. Learn about social media apps together.
3. Set boundaries and rules.
4. Encourage privacy and safety by
  - reviewing the social media apps' privacy and safety settings with your child
  - using passwords with numbers, capitals and symbols and considering the use of a phrase
  - keeping passwords private and changing your passwords often
  - avoiding the posting of personal information
  - turning off location settings and encouraging your children not to use geotags.
5. Foster digital leadership and citizenship by encouraging your child to
  - highlight talents, skills and attributes to create a positive online brand
  - match online profiles and interactions with values
  - practise online etiquette
  - support those who are experiencing cyberbullying (be an upstander).
6. Remind your child to **THINK** before posting: Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? Is it Kind?
7. Encourage your child to reach out for support if they see negative behaviour online.
8. Develop an online safety agreement together.

#### RESOURCES

- Kids Help Phone: **Online Safety: Tips for Caring Adults**
- PREVNet: **What Parents Need To Know about Cyberbullying**
- Media Smarts: Canada's Centre for Digital and Media Literacy: [mediasmarts.ca/parents](http://mediasmarts.ca/parents)
- BOOST Child and Youth Advocacy Centre: **Prevention Tips for Parents/Guardians**
- Canadian Centre For Child Protection: [ProtectKidsOnline.ca](http://ProtectKidsOnline.ca), [NeedHelpNow.ca](http://NeedHelpNow.ca), [Cybertip.ca](http://Cybertip.ca)
- RCMP: **Centre For Youth Crime Prevention**
- **Ontario Victim Services**



## ICE Resources

Listed below are helpful Internet safety resources for children, youth, caregivers and professionals.

#### Kids Help Phone

The Kids Help Phone website connects children and youth with free anonymous and confidential phone and web counselling services 24/7. The website also has a wide range of youth friendly information (Info Booth Topics) about sexting, the Internet and cyberbullying.  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

#### ➤ Sexting: Kid's Help Phone Approach

The Kid's Help Phone approach to sexting is a safe space to educate people about sexting, the boundaries to establish, what to do when sexting has gone too far, and what the Canadian law says about sexting.

<http://www.kidshelpphone.ca/Teens/InfoBooth/Sexting.aspx>

#### Canadian Centre for Child Protection

The Canadian Centre for Child Protection is dedicated to the personal safety of all children. This website offers a number of programs, services and resources for Canadians to help them protect children and reduce their risk of victimization.

[www.protectchildren.ca](http://www.protectchildren.ca)

#### ➤ Cyber Tip: Canada's National tipline for reporting the online sexual exploitation of children

Cybertip.ca operates as a clearinghouse or "front door" to the Canadian public for reporting offences related to the online sexual exploitation of children. Cybertip.ca relies on complaints submitted by the Canadian public and does not proactively seek out illegal material online.

[www.cybertip.ca/app/en/child\\_sexual\\_abuse-victim\\_support](http://www.cybertip.ca/app/en/child_sexual_abuse-victim_support)

#### ➤ Need Help Now: Canadian Centre for Child Protection

If a child/youth has been involved in a self/peer exploitation incident (otherwise known as "sexting"), we are here to help. This site provides you with guidance on steps you can take to get through this.

[www.NeedHelpNow.ca](http://www.NeedHelpNow.ca)

#### ➤ The Door That's Not Locked: Canadian Centre for Child Protection

On this website you will find a variety of Internet safety resources and tools that will help you keep kids safer while online. From learning what online activities are popular and how kids use them, to learning what measures you can put in place to make your home computer safer.

[www.thedoorthatnotlocked.ca](http://www.thedoorthatnotlocked.ca)

#### ➤ Kids in the Know: Canadian Centre for Child Protection

The *Kids in the Know* program uses activity-based lessons to help children learn how to reduce their risk of being victimized. The program incorporates important components that make up an effective lesson plan.

[www.kidsintheknow.ca/app/en/program-cyberbullying](http://www.kidsintheknow.ca/app/en/program-cyberbullying)

#### Connect Safely

ConnectSafely.org is a Silicon Valley, California-based non-profit organization dedicated to educating users of connected technology about safety, privacy and security. On this website you will find research-based safety tips, parents' guidebooks, advice, news and commentary on all aspects of tech use and policy.

[www.connectsafely.org](http://www.connectsafely.org)

#### ➤ SafeKids.com

SafeKids is a leading source of information about online safety, privacy and security. It is a "sister site" to Connect Safely.

[www.safekids.com](http://www.safekids.com)





# T.E.A.R TALK!

[www.youtube.com/vstoronto](http://www.youtube.com/vstoronto)



# Final Thoughts...

- ❖ We value your thoughts and suggestions ... feedback is important
- ❖ Questionnaire to follow
  - ❖ Help guide our ongoing work
  - ❖ Future webinars
  - ❖ We need all voices from the field



THANK YOU

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