

Centrum Rozwoju Osobistego Alter
Centre of Personal Development Alter
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„CZŁOWIEK ODKRYWA SIEBIE,
KIEDY ZMIERZY SIĘ
Z PRZESZKODAMI”
ANTOINE DE SAINT EXUPERY



„Sailors and Castaways” on virtual ocean
CCC generation in the society of global risk

Andrzej Chodkiewicz

Grójec, 28.04.2016

Agenda

▶ Main issues:

1. Bullying – Cyberbullying
2. Stalking – Cyberstalking



3. Other activities on Internet: Sexting, Grooming, GirlLove / BoyLove

Title of presentation

CCC generation

- Computerized
- Connected
- Clicking.

Global risk

- a global risk is a situation when people can not predict the future because of speed of new technology, changing social trends and expectations, lack of work which we known, terrorism, climate changes and impossibility to predict the future.

Sailor

- a person who works on a boat or ship as part of the crew,
- someone who controls a boat or ship that has sails.
- In 21 century all users of Internet are like sailors on cyber ocean (surfer – a person who rides on a wave on a special board).

Castaway

- cast adrift or ashore as a survivor of a shipwreck (shipwrecked person),
- thrown out or left without friends or resources.
- If during our journey on cyber ocean all is ok then we can say we are still sailors but if happens something wrong (immorall, illegal, unpleasant) then we feel like castaways.

Title of presentation



Sailor



Meeting with a danger on virtual ocean



Castaway

CCC generation. What is this?

Computerized

- Computer as a common tool for learning, communicating and tracking events (social, cultural etc.).

Connected

- Cyber net as a „place” of young people existing, where the most important events happen.

Clicking

- Keyboard as a kind of „language” for communicating often instead of natural tongue.

Common days

- 8 hours (school, work)



- 8 hours (private / social activity)

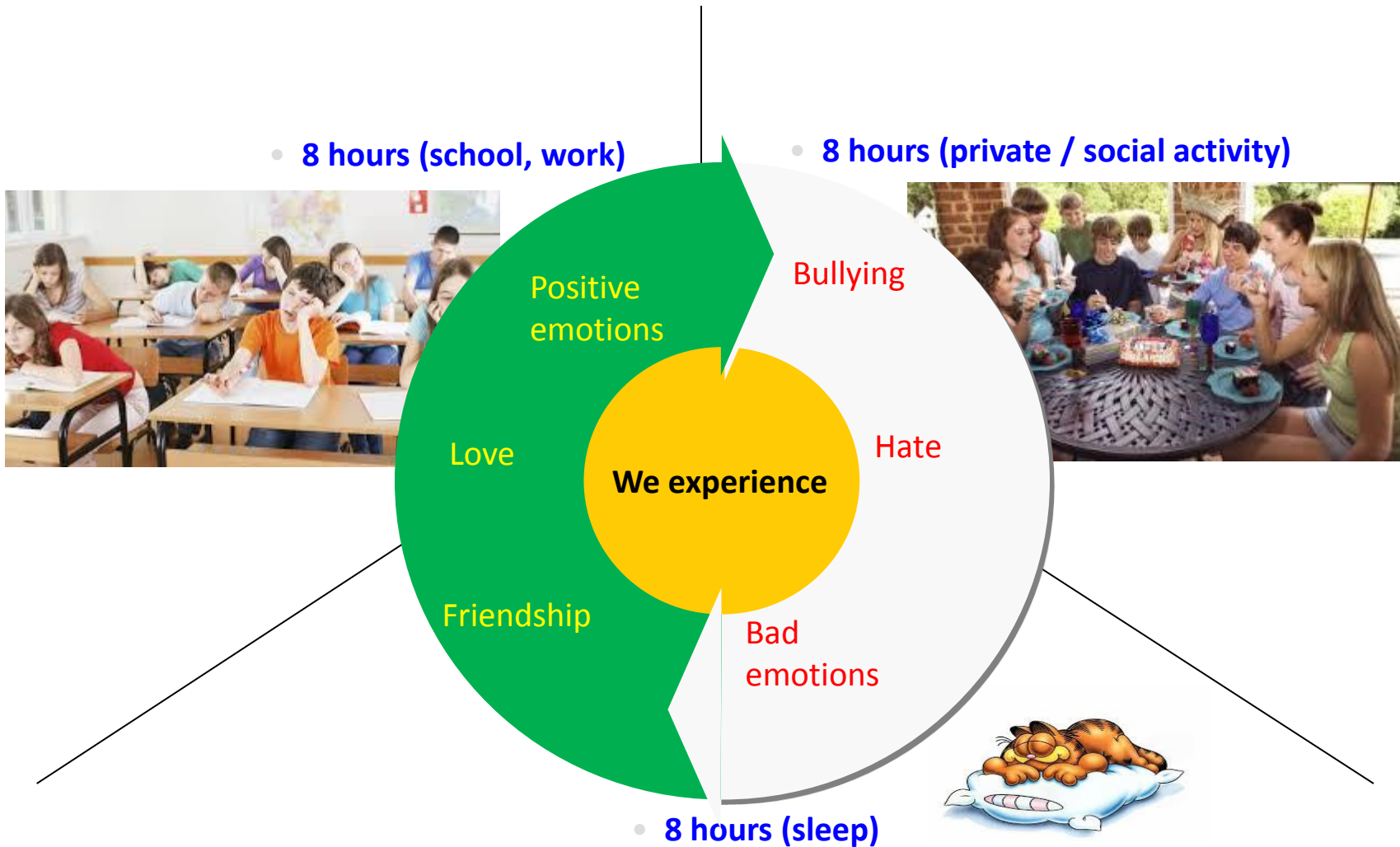


24 hours

- 8 hours (sleep)



Common days



Common days – bullying in real life

▶ Bullying is behaviour that hurts someone else – such as:

- name calling,
- hitting,
- pushing,
- spreading rumours,
- threatening or undermining someone.

▶ It can happen anywhere:

■ at school



at home



online (even you sleep – rumors, undermining)



It's usually repeated over a long period of time and can hurt a person both physically and emotionally.

What's bullying online?

- ▶ Bullying that happens online, using social networks, games and mobile phones, is called **cyberbullying**.



- ▶ A child, teen or adult can feel like there's no escape because it can happen:



wherever they are,
at any time of day or night.



What's cyberbullying?

- ▶ **Cyberbullying** is the act of harming or harassing via information technology networks in a repeated and deliberate manner.



- ▶ With the increased use of communication technology, cyberbullying has become increasingly common, especially among teenagers.



What's cyberbullying?

- ▶ In Great Britain (2015) there were 7,296 counselling sessions with young people who talked to ChildLine about online bullying and safety.
- ▶ Young people contacted ChildLine for support and advice on how to deal with being bullied via social networking sites, chat rooms, online gaming sites, or via their mobile phones.
- ▶ This also included online safety concerns such as online identity theft, hacking and scams.



Bullying and cyberbullying symptoms

Bullying includes:

- **verbal abuse**, such as name calling and gossiping
- **non-verbal abuse**, such as hand signs or text messages
- **emotional abuse**, such as threatening, intimidating or humiliating someone
- **exclusion**, such as ignoring or isolating someone
- **undermining**, by constant criticism or spreading rumours
- **controlling or manipulating** someone
- **racial, sexual or homophobic bullying**
- **physical assaults**, such as hitting and pushing
- **making silent**, hoax or abusive calls online or cyberbullying.



Cyberbullying includes:

- **sending threatening** or abusive text messages
- **creating and sharing** embarrassing images or videos
- **'trolling'** - the sending of menacing or upsetting messages on social networks, chat rooms or online games
- **excluding** children, teens from online games, activities or friendship groups
- **setting up hate sites** or groups about a particular child, teen
- **encouraging young people** to self-harm
- voting for or against someone in an abusive poll
- **creating fake accounts**, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
- **sending explicit messages**, also known as sexting
- **pressuring children, teens** into sending sexual images or engaging in sexual conversations.



What constitutes cyberbullying?

- ▶ Examples of what constitutes cyberbullying include communications that seek to:
 - intimidate
 - control
 - manipulate
 - put down
 - falsely discredit recipient.



What constitutes cyberbullying?

- ▶ A cyberbullying may or may not know their target.



- ▶ A stalker who operates online is called **cyberstalker**.
- ▶ Cyber stalking is often used in conjunction with offline stalking, as both are an expression of a desire to control, intimidate, or manipulate a victim. A cyberstalker may be someone the victim is familiar with, or a complete stranger.



Stalking

Bullying includes:

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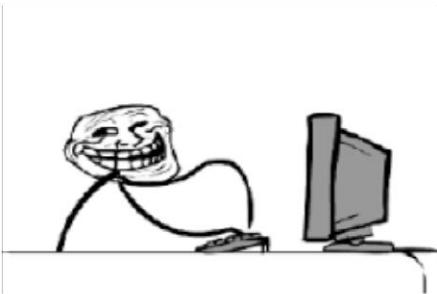
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Cyberstalking may include:

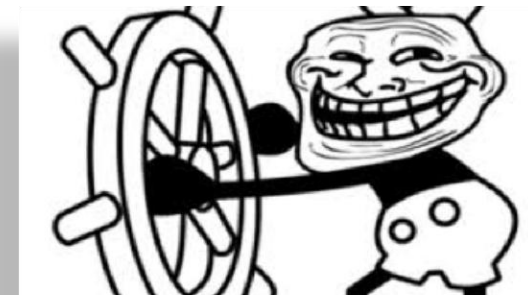
- false accusations
 - monitoring
 - making threats
 - identity theft
 - damage to data or equipment
 - the solicitation of minors for sex, or gathering information in order to harass.
- A repeated pattern of such actions and harassment against a target by an adult constitutes cyberstalking.
- Cyberstalking is a form of cyberbullying.

Stalking vs trolling

- ▶ Trolls and cyberbullies do not always have the same goals. Some Internet trolls do engage in cyberbullying (including harassment, defamation, or spreading of information which would otherwise be concealed), but other trolls may be engaged in comparatively harmless mischief.

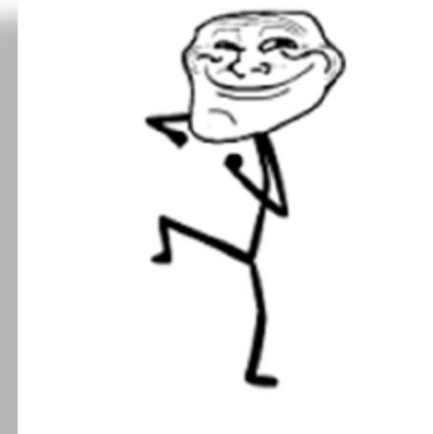


- ▶ There is disagreement over what the precise definition of Internet trolling is.
- ▶ On the other hand, cyberbullying exclusively involves actions intended to harass.



Stalking vs trolling

- ▶ Early (1990s) definitions of 'trolling' primarily consisted of low-level disruption of discussions, for instance by posting meaningless questions for their own amusement, without any regard over whether the targets are hurt.



- ▶ Current (2010s) definitions of trolling are more broad, and include those who cyberbully, with the explicit desire to demean and hurt their victims.



The features of cyberbullying

1. The high level of **anonymity** of the perpetrator.
2. Information and communication technologies **rather than** physical strength (instead of).
3. The **speed** of dissemination of material and widespread availability.
4. **Difficult** to remove incriminating material (it is often virtually impossible or difficult).
5. The **wide** repertoire of forms of abuse.
6. This phenomenon is **less controlled** by parents and teachers than the "classic" violence because the perpetrator actions are more difficult to observe.
7. **Poor knowledge** of the electronic media.
8. **Underestimation** (playing down) of the problem.

Cyberbullying among teenagers

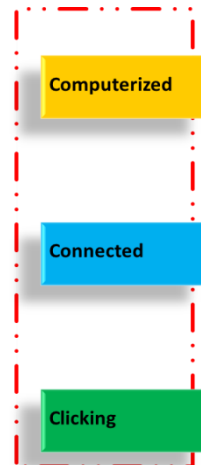
Cyberbullying among teenagers:

- Vulgar name calling
- Humiliation, ridicule
- Threatening, blackmail
- Unwanted photos and videos
- The publication of compromising materials
- Impersonating.



Experimenting young people with their own identity on the Internet

- ▶ Teenagers accept the lack of privacy, anonymous criticism and confide to a stranger on the Internet. They want to have an audience. Motto CCC generation could be: "Look at me!"



- ▶ We have to remember that young people look for their identity. They ask: Who am I? What am I like?
- ▶ That is why they experiment with their identity.

Experimenting young people with their own identity on the Internet



Why people experiment with identity?

1. They experiment with their own identity on the Internet to offer themselves as someone else: someone who has a different gender, age, socio-economic status, resources, or psychological characteristics, than in reality.
2. Young people sometimes want to play different social roles.
3. Sometimes they desire to hide their real „I” (Ego) or want to play.

Experimenting young people with their own identity on the Internet

- ▶ In these cases, the Internet with its anonymity is a convenient place for young people to realize their developmental tasks.



- ▶ What are the consequences?

Cyberbullying among teenagers – Social media

- ▶ According to a 2013 / 2015 Pew Research Study, eight out of 10 teens who use social media share more information about themselves than they have in the past. This includes: location (address), images and contact information.



Cyberbullying among teenagers – In gaming

- ▶ Of those who reported having experienced online harassment in a Pew Research poll, 16% said the most recent incident occurred in an online game. Young people who enjoyed violent video games were significantly more likely to both experience and perpetrate cyberbullying.



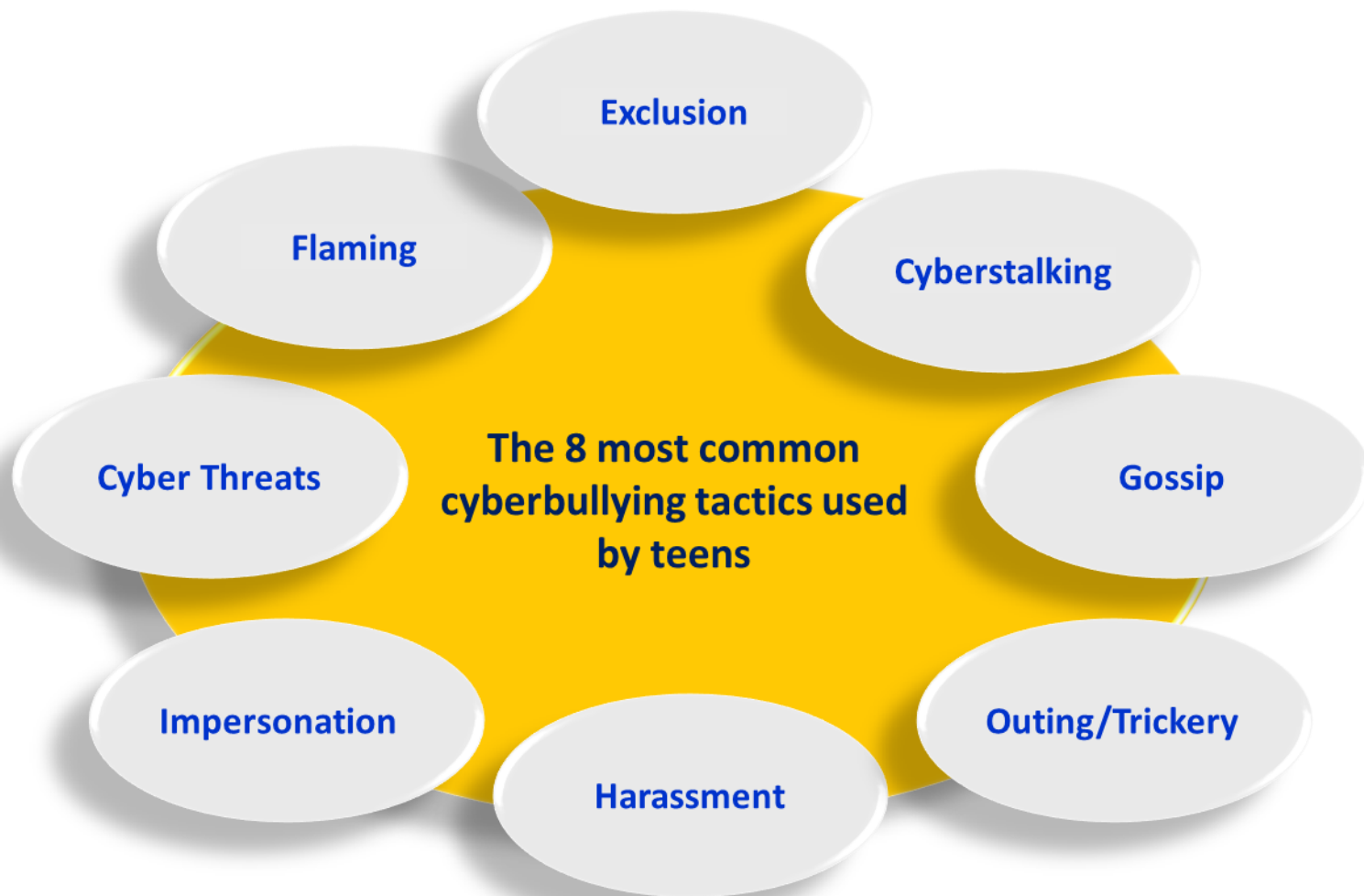
- ▶ Gaming was a more common venue for men to experience harassment, whereas women's' harassment tended to occur via social media.

Cyberbullying among teenagers – Age

Reports show that:

- Being mean to each other online beginning as young as 2nd grade.
 - Boys initiate mean online activity earlier than girls do.
 - However, by middle school, girls are more likely to engage in cyberbullying than boys.
-
- Whether the bully is male or female, his or her purpose is to intentionally embarrass others, harass, intimidate, or make threats online to one another. This bullying occurs via email, text messaging, posts to blogs, and web sites.

The 8 most common cyberbullying tactics used by teens



The 8 most common cyberbullying tactics used by teens



1. **Exclusion:** Teenagers intentionally exclude others from an online group.
2. **Cyberstalking:** Teens will harass others by constantly sending emails, messages, or tagging others in posts they don't want to be tagged in.
3. **Gossip:** Post or send cruel messages that damage another's reputation, relationships, or confidence.
4. **Outing/Trickery:** Trick another teen into revealing secrets or embarrassing information which the cyberbully will then share online. Outing – the public display, posting, or forwarding of personal communication or images by the cyber bully personal to the target teen.

The 8 most common cyberbullying tactics used by teens



5. **Harassment:** Post or send offensive, insulting, and mean messages repeatedly.
6. **Impersonation:** Create fake accounts to exploit another teen's trust. They may also hack into an account and post or send messages that are damaging to the person's reputation or relationships.
7. **Cyber Threats:** Threaten or imply violent behavior toward others to make them feel uncomfortable.
8. **Flaming:** Fights online that involve hateful or offensive messages that may be posted to various websites, forums, or blogs.

Cyberbullying among teenagers – more and more cases in Poland

I off-line



I on-line



Cyberbullying among teenagers – more and more cases in Poland

- ▶ Harassment on Internet is approximately 40% of all cases reported to the Helpline – portal and hotline receiving notification of undesirable content on the Internet.



Cyberbullying among teenagers – more and more cases in Poland



- ▶ Marta Wojtas – Coordinator from Helpline *Nobody's Children Foundation* says that the experience of aggression on the Internet has a very serious psychological effects:

"Young people are very sensitive to their point, and due to their age, and because of the importance they attribute to assessments of peers. Experiencing such attacks for them is much stronger than it seems adults. They are afraid to admit that such violence is happening, as a consequence there is a sense of powerlessness and helplessness, which deepens. "



Internet and real life

- ➔ When we use Internet our live is more visible.
- ➔ By being more visible, we exhibit at risk of various attacks.
- ➔ On the one hand, the Internet makes easier to gain recognition and acclaim (Like). On the other hand, we can easily be taken on sight by the intruder or a group.



How does this happen?

Internet and real life – Sexting

- ➔ Often, it looks very innocent – by sending photos. The particular form of doing this is called **sexting**.

What is sexting?

- 'Sexting' is an increasingly common activity among children and young people, where they share inappropriate or explicit images online or through mobile phones. It can also refer to written messages.



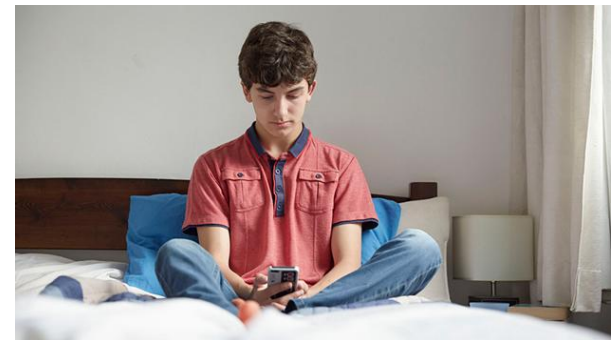
Internet and real life – Sexting

- Research in 2014 conducted by GfK on behalf of *Nobody's Children Foundation* shows that 11% of young people sent sex materials (in Poland).
- At the same time more than 1/3 of respondents received this type of pictures or videos.



How common is sexting?

- Most young people do not see 'sexting' as a problem and are reluctant to talk to adults about it because they are afraid of being judged or having their phones taken away.



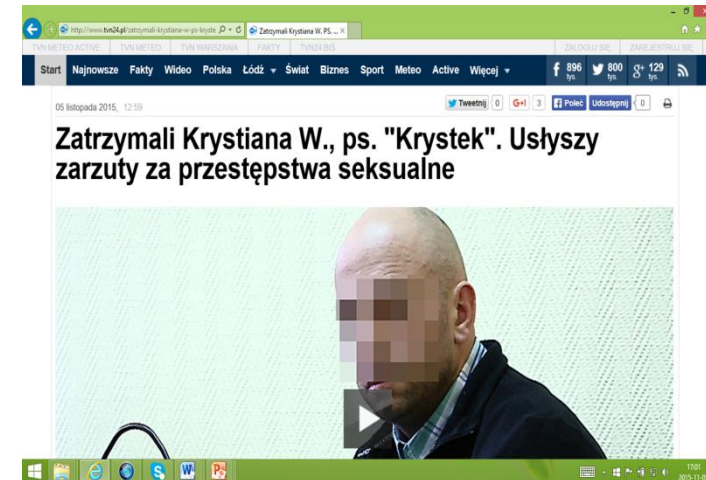
Sexting

- The materials typically sent in private contacts are sometimes made public.
- It makes a big astonishment those who are in the pictures because they became the object of cyberbullying by their peers.



Sexting

- According to reports of young people sexting realized with those which are already in a relationship, but more often is part of establishing a relationship.
- On the basis of sent photo exchange participants decide on further contacts and a possible meeting.
- The girls are more affected of sexting activity than boys or men. But does it refer to girls only?



Example:
Krystek.

Boylove

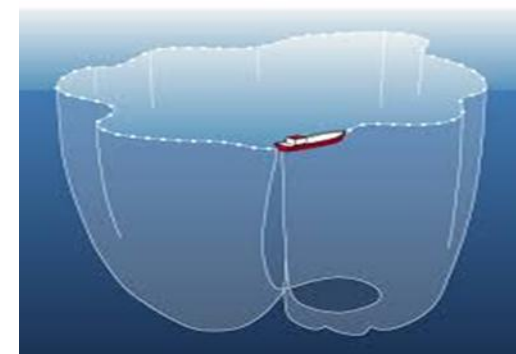
- Boylove - is a set of behaviors and beliefs *boylovers* who are interested in establishing close ties intimate with the boys, resulting from the rationalization of pathological pedophile inclination or a conscious manipulation of public opinion and designed to convince the public that it is possible to establish such relationships without sex and harm children.



-You like little kids! Doesn't that make you a child molester?
-It's just that I like them. You know, boylove.

Boylove on Internet

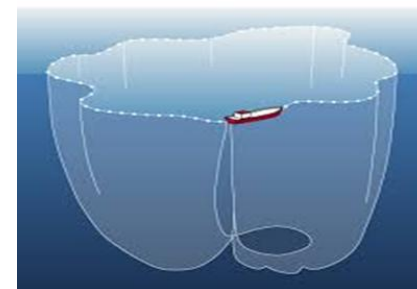
- In addition, there are also boylovers' environment related to people with heterosexual preferences aimed at girls (*girllovers*, *lolifans*) and teenagers (*teenlovers*).



Grooming – What's this?



- **Grooming** is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse or exploitation.
- Children and young people can be groomed online or in the real world, by a stranger or by someone they know (a family member, friend or professional).
- Groomers may be male or female in any age.



What to do, not to be the victim of cyberbullying?

What to do, not to be the victim of cyberbullying?

1. Take care of the privacy of your personal data.
2. Provide your profiles on the network status private.
3. Protect your passwords and logins.
4. Do not include in the network of your photos and videos.
5. Do not give all people your phone number (on left and right sides).

How to protect against cyberbullying?



1. Do not panic

- Do not act under the influence of fear. Remember, however, that fear and panic are those for which the offender was waiting. Try to collect and analyze information "coldly". See what happens if you do not react to these provocations.
- **Share your problems with a trusted person.** In such situations, emotional support is invaluable. If you do not know what to do contact with organizations which help you (in Poland we have www.Helpline.org.pl)
- If you think your life is in danger, immediately contact the police!

How to protect against cyberbullying?



2. **Block user or limit the possibility to contact you**

- Most social networking sites, including eg. Facebook and Twitter, has mechanisms to block certain users. E-mail can be filtered automatically or by adding the sender's address to a special list. On the blog you can temporarily disable comments. These solutions allow you to take a break from harassing you people.

How to protect against cyberbullying?



3. **Protect your computer from intrusion and electronic eavesdropping**
 - In the worst cases, the person may try to hack into your computer or phone. It is important to learn how to properly protect these devices and be able to recognize the symptoms of intrusion.
 - If you do not have these skills, you should seek help from an expert.

How to protect against cyberbullying?

4. Change the privacy settings on social networking sites

- This is very important: you have to learn how to configure the privacy of your profiles on Facebook, Twitter and other networking sites.
- It may seem quite difficult and thankless, but it is worth taking the few minutes to hide things that can be used against you (information includes private photos, phone numbers and a list of friends etc.).



How to protect against cyberbullying?

5. Turn on two-step verification

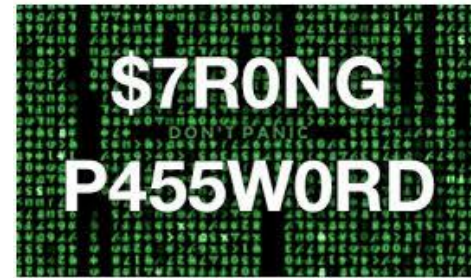
- More and more websites offer two-step verification (ordinary password with another type of verification, for example SMS password). The reason for this is the weakness of traditional passwords.



How to protect against cyberbullying?

6. Use strong passwords and change them frequently

- Wherever you can not use two-step verification. use a strong but easy-to-remember passwords.



- Remember to change the password particularly after significant events in your life, eg. a break friendship with a boy / girlfriend or changing class / school.



- Do not trust fully passwords - there are many methods to bypass this protection.

How to protect against cyberbullying?

7. Report offensive content to administrators

- Most of the websites offers the option to report offensive or inappropriate content to administrators. This will verify that our suspicions are justified. If so, the administrator can block the user's hauntin



- For information on how to do this can be found in the Help section of every major Internet portal.

How to protect against cyberbullying?

8. Use blocking calls and SMS

- Phones with Android and iOS you can block SMS messages and calls from certain phone numbers. Take advantage of this option, if you have trouble with conviction mobile operator to block the number for you.



**Stop Unwanted
Calls & Sms**

© Ezeky Eyaan

How to protect against cyberbullying?

9. **If you are afraid for your safety, notify law enforcement authorities**
- Not worth to risk of life, hoping that the problem will resolve itself.
 - Remember that the law protects you against many forms of cyberbullying.
 - Before contact with the police is worth a little prepared, eg. copy e-mails / sms threatening to USB flash drive.



Code Against Cyberbullying

How to use the phone and the Internet, not to harm others?
You should:

1. Treat others with respect. Bearing in mind the principle:

Respect for respect

and

You will get from me as much of respect as you give it to me



Code Against Cyberbullying

2. Do not place on the Internet material that may hurt someone.
3. Always ask for permission, if you want someone to take a picture / film with his / her participation.



May I ... ?



4. Do not distribute via mobile phone photos,  **Yes, you may.** videos and texts that can hurt someone's feelings.

Code Against Cyberbullying

What to do if you are **witness** of cyberbullying?

1. Do not forward harmful materials that you received in the network.
2. Always help colleagues who are victims of cyberbullying.
3. Inform about the harm a colleague or friend an adult (a teacher, school counselor, parents).
4. Recommend victim of violence contact with persons involved in the prevention and elimination of cyberbullying.



Code Against Cyberbullying

What to do if you are **victim** of cyberbullying?



1. Not to respond to provocations on the network.
2. Immediately seek help from an adult (teachers, parents, police).
3. Insist delete movies and images recorded against our will.
4. Always keep the evidence of violence.
5. Intervene with Internet service providers.
6. Seek the help of consultants in institutions, foundations etc.
(Poland: www.Helpline.org.pl)