

Bullying and Cyberbullying: Focusing on Native Youth with Disabilities



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Available online at: <https://www.parentcenterhub.org/naptac-tier3-education-youth/>

Objectives for Today's Webinar



To assist Parent Centers in their outreach to Native parents by:

- **Increasing their awareness of bullying** in general and its impact on American Indian/Alaska Native (AI/AN) youth, particularly those with disabilities
- Increasing their awareness of **cyberbullying** and **sexting**
- Learning **bullying prevention strategies** that Parent Centers can share with Native parents

U. S. Department of Education (ED)

Definition of Bullying

Per the U.S. ED's website stopbullying.gov, bullying is defined as:

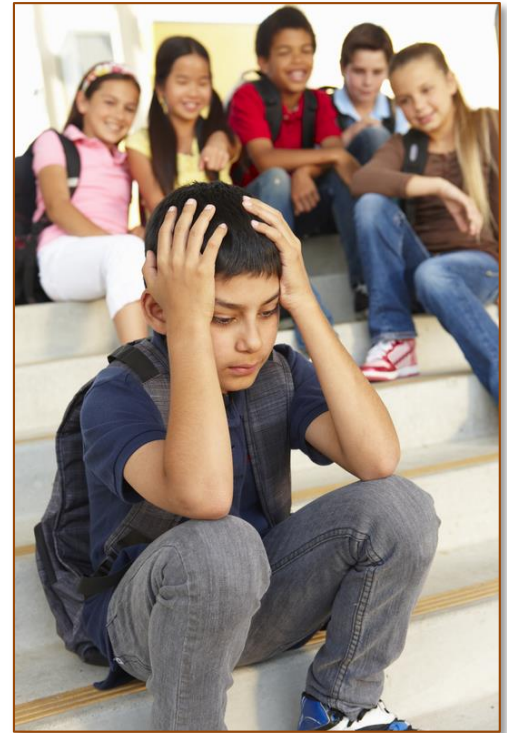


“...unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance.”

The behavior is repeated, or has the potential to be repeated, over time.”

National Definition of Bullying

- Bullying is an attack or intimidation intended to cause fear, distress, or harm—either physical, verbal, and/or psychological.
- Bullying involves a real or perceived power imbalance between the students involved.
- Bullying is repeated attacks or intimidation between the same students over time.



Bullying vs. Normal Conflict

**The three
basic ways
to know the
difference**

1. The youth who bullies enjoys seeing his or her target afraid and upset.
2. The youth who bullies selects a target who is smaller, younger, or less socially able to cope.
3. The youth who bullies picks on the target repeatedly.

Garrity et al. (2000)

Impact of Bullying

- Bullying increases absenteeism and decreases academic success.
- Bullying creates feelings of helplessness, anger, and frustration.
- Bullying can increase the possibility of suicidal thoughts.



Statistical Impacts:

- Bullied students are **5 times more likely** to be depressed.
- Bullied boys are **4 times more likely** to be suicidal.
- Bullied girls are **8 times more likely** to be suicidal.

Activity: Assessing Personal Experience

**Think back to your
childhood/student days.**



Were you ever a...

- Youth who bullied?
- Target?
- Bully-Target?
- Bystander?

Native Youth as Targets of Bullying

**AI/AN youth
are targeted
for all forms
of bullying:**



- Due to their race
- Due to cultural and linguistic differences
- Because negative stereotypes and misconceptions exist, encouraging racist beliefs and behaviors
- For growing up in poverty and having low cultural self-esteem
- For excelling in school (going against a negative stereotype)

Youth with Disabilities— 2-3 Times More Likely to be Bullied

**Youth with disabilities
may start out with:**

- Limited communication skills
- Difficulty interpreting youthful social cues
- Lower social standing among peers
- Academic difficulties
- Limited ability to participate in physical activities/sports
- Lower self-esteem

These “differences”
make them
vulnerable to verbal
and physical bullying
and even
cyberbullying.

Definition of Cyberbullying

Cyberbullying includes sending or posting harmful material or engaging in other forms of social aggression using the Internet or other digital devices.

Nancy E. Willard, *Cyberbullying and Cyberthreats* (2007)



It can occur **on the Internet** when cyberbullies use email, chat rooms, discussion groups, social networking sites, instant messaging, or web pages to post harmful content.

Impact of Cyberbullying

- Can happen around the clock
- Can be anonymous
- May be more vicious than face-to-face encounters
- Is easier to get away with it, due to minimal adult oversight
- Spreads negative texts and images widely and immediately
- Is difficult to detect and prove without a paper trail



Targets feel betrayed, shamed, and powerless.

Depression and social withdrawal can result.

Definition of Sexting

Sexting
is...



A term coined by the media, combining the words ***sex*** and ***texting***.

Sending or forwarding **sexually explicit** photos, videos, or messages of oneself or others from a mobile phone or other digital device to others.

Sharing **unauthorized** photos of **partially nude** boys or girls in locker rooms or at sleep-overs.

Federal Law and Sexting

Federal laws treat all sexually explicit images of youth under age 18 as **child pornography**.



Youth could be convicted of producing, possessing, and/or disseminating child pornography, resulting in a criminal record and requiring registration as a sex offender.

Impact of Sexting on Youth

Unforeseen Consequences of Sexting



- Damage to one's reputation
- Bullying and sexual harassment by peers
- Refused admission to the college of one's choice
- Loss of future employment

Native Youth with Disabilities as Targets of Cyberbullying/Sexting

Cyberbullies can **take advantage** of unsuspecting Native youth with disabilities by **manipulating** them into:

- Cyberbullying another
- Becoming a victim of sexting
- Downloading pornography

The intensity and humiliation of being cyberbullied can increase Native youth's high risk for:

- Dropping out of school
- Engaging in suicidal thoughts and/or actions



Strategies Parent Centers Can Suggest to Youth to Support Targets of Bullying

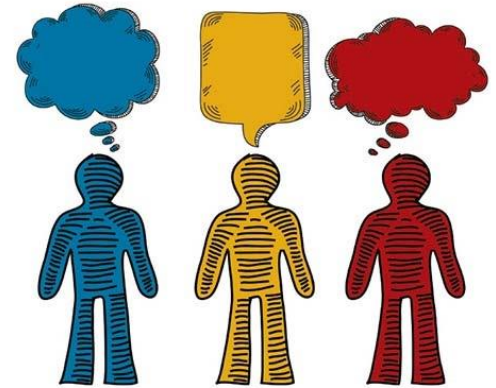
Reach out



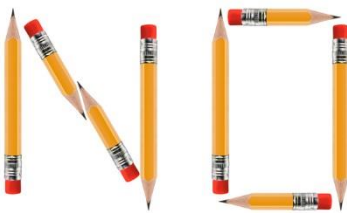
Band together



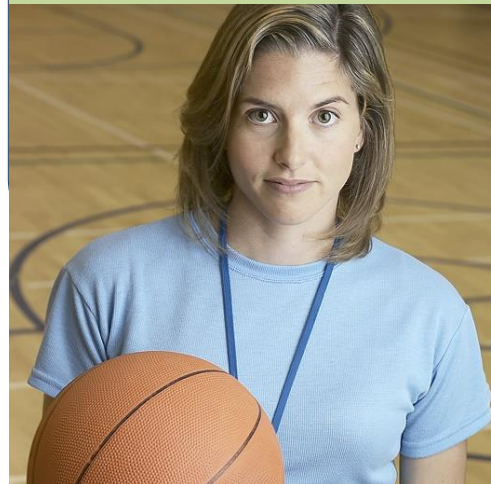
Speak up!



Don't join in



Ask adults for help



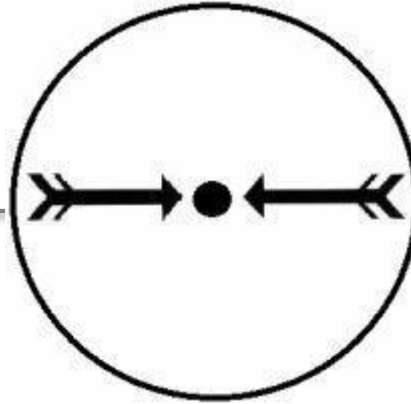
Interrupt the bullying



Strategies Parent Centers Can Suggest to Parents About Bullying and Cyberbullying

Initiate **conversations**
about all forms of bullying.

Don't expect youth to
solve things themselves.



Express **strong disapproval**
of bullying when you see it,
even among siblings.

Role play with youth on
diffusing a bullying situation
and engaging those
observing, the bystanders.

Further Strategies for Parents on Bullying and Cyberbullying



Develop
empathy and
respect among
youth at home.

Encourage an
improved **climate**
of respect at
local **schools**.

Write anti-bullying
strategies into your
child's **IEP**.



Know your **federal rights**
and file a complaint at
ocr@ed.gov.

Strategies Parent Centers Can Suggest to Parents on Cyberbullying and Sexting

1. **Set rules** for using technology
2. **Know** what your children are doing online
3. **Save evidence** of cyberbullying and sexting
4. **File complaints**



Native Resources You Can Share

NAPTAC published **3 briefs** to inform Native parents on bullying, cyberbullying, and sexting

Bullying: *What American Indian and Alaska Native Parents Need to Know*

Cyberbullying: *What American Indian and Alaska Native Parents Need to Know*

Resources on Bullying and Cyberbullying of Native Youth

All are available at the Center for Parent Information and Resources, at:
<https://www.parentcenterhub.org/naptac-tier3-education-youth/>

Thanks for attending this webinar.



NAPTAC

All of NAPTAC's products are
available at the Center for Parent
Information and Resources:

[https://www.parentcenterhub.org/
welcome-to-the-naptac-library/](https://www.parentcenterhub.org/welcome-to-the-naptac-library/)

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