Introduction

- Social Media
- Bullying and Cyberbullying
- Mental Health
- Involvement and Connection
- Resources
92% of teens report going online daily- including 24% who say they go online “almost constantly” according to a new study from Pew Research Center.
Texting Apps

Kik

ooVoo

WhatsApp
Micro-Blogging Apps

- Instagram
- Tumblr
- Twitter
- Vine
Self-Destructing/Secret Apps

- Burn Note
- SnapChat
- Whisper
- Yik Yak
Chatting, Meeting, Dating Apps

MeetMe
Omegle
Tinder
Skout
Photo Vaults

More than a Calculator
Cyberbullying
Cyberbullying

- Unseen impact
- Forwarding it on to others
- Locked in cyberspace permanently
- Connection to in-school bullying/incidents
Bullying
RED ZONE
• Using profane or abusive language
• Threatening or intimidating others
• Harassing others based on their race, gender, sexual orientation, personal beliefs, or any other physical or personal characteristic

YELLOW ZONE
• Name-calling and put downs
• Intentionally excluding individuals
• Damaging another’s reputation
• Spreading rumors
• Manipulating friendships or other relationships

GREEN ZONE
• Using a normal rate, tone, and volume of speech
• Complimenting or encouraging others
• Informally questioning others
• Joking in a non-harmful manner

Stay in the Green Zone
Mental Health

• Mental Health concerns and diagnoses are on the rise and it is important to be aware of and sensitive to this prevalent topic.

• Bullying can often exacerbate underlying mental health conditions.

• Bullying can also cause stress and anxiety, which can have a negative impact on one’s mental health and educational experience.
Get Connected!

- Clubs
- Sports
- Related Arts
- Community Organizations
- Volunteering
School Resources

- School Counselors
- Administration
- School Resource Officer (SRO)
- Nurse
- Teachers/Staff
  - Student Advancement Coach (SAC)

*Please encourage your child to talk to the person they are most comfortable with.
Community Resources

• List of Local Practitioners

• Crisis Evaluations available 24/7
  • Colonial Behavioral Health
  • Newport News Behavioral Health Center (near Busch Gardens)

• New Horizons Family Counseling Center (NHFCC)
  • Free Resource through William and Mary
“Be kinder than necessary for everyone you meet is fighting some kind of battle.”
- Anonymous