



ASKING THE RIGHT QUESTIONS, SHARING THE RIGHT ANSWERS: ADDRESSING YOUTH CYBER SAFETY IN A CHANGING DIGITAL WORLD



Stephanie Martin

Annie Smith

Maya Peled

McCREARY CENTRE SOCIETY



McCreary Centre Society



British Columbia, Canada



Adolescent
Health Surveys



Evaluations



Youth Research
Academy



Youth Advisory
Council





BC Adolescent Health Survey

(BC AHS)



BC AHS

- ✓ Completed every 5 years since 1992
- ✓ Grades 7-12 students in mainstream public schools
- ✓ Administered by Public Health Nurses

2013 BC AHS

- ✓ 29,832 students in 1,645 classrooms
- ✓ 56 out of 59 school districts in BC
- ✓ 130 items on health and life experiences, including risk and protective factors





BC AHS development



Untangling the Web



Untangling the web



ONLINE SAFETY AND SEXTING AMONG BC YOUTH



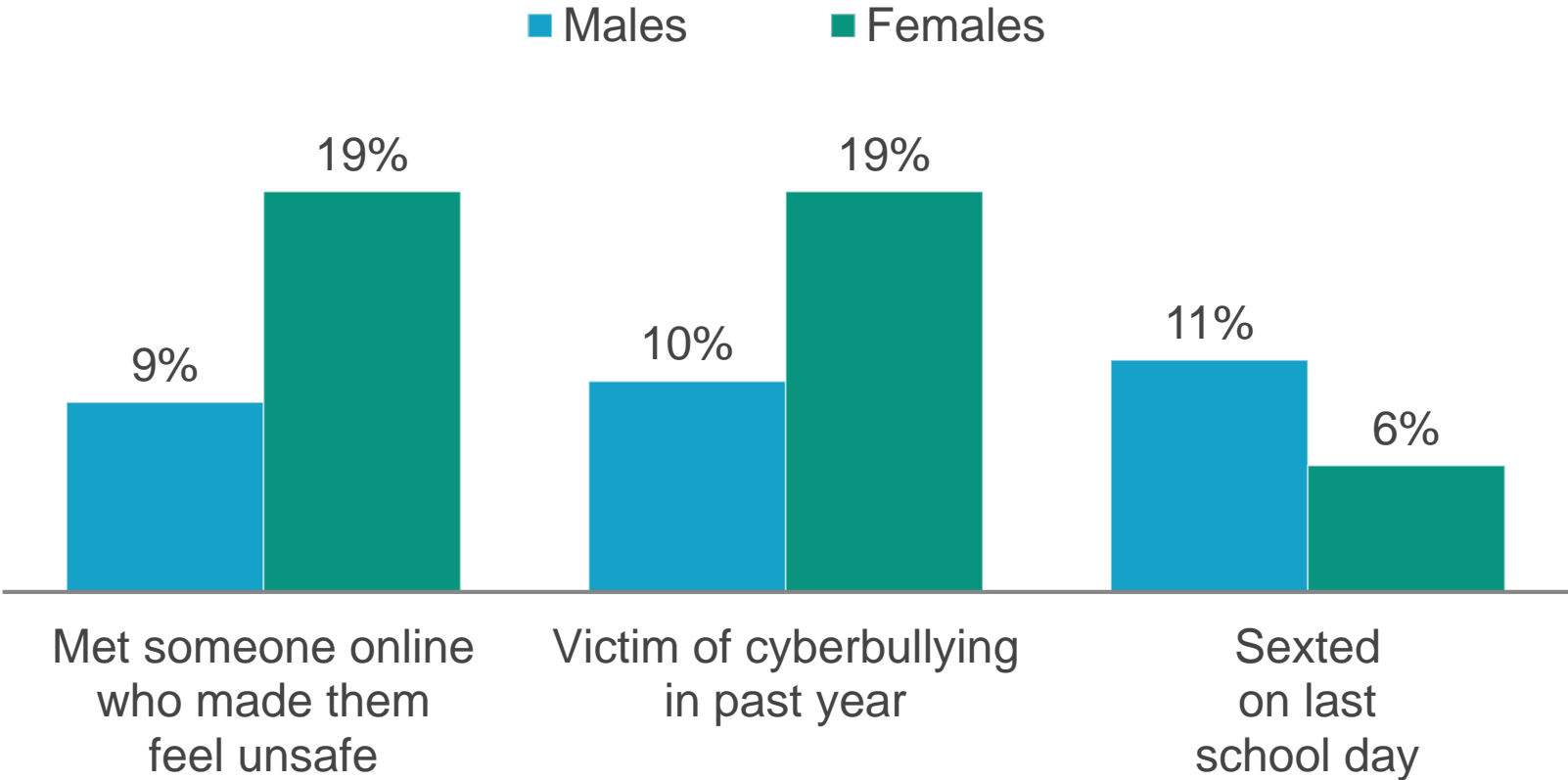
- Online safety and technology use among BC youth aged 12-19
- Based on 2013 BC AHS
- Includes trends using data from 2003, 2008, and 2013



Cyber safety concerns



Gender differences in online safety



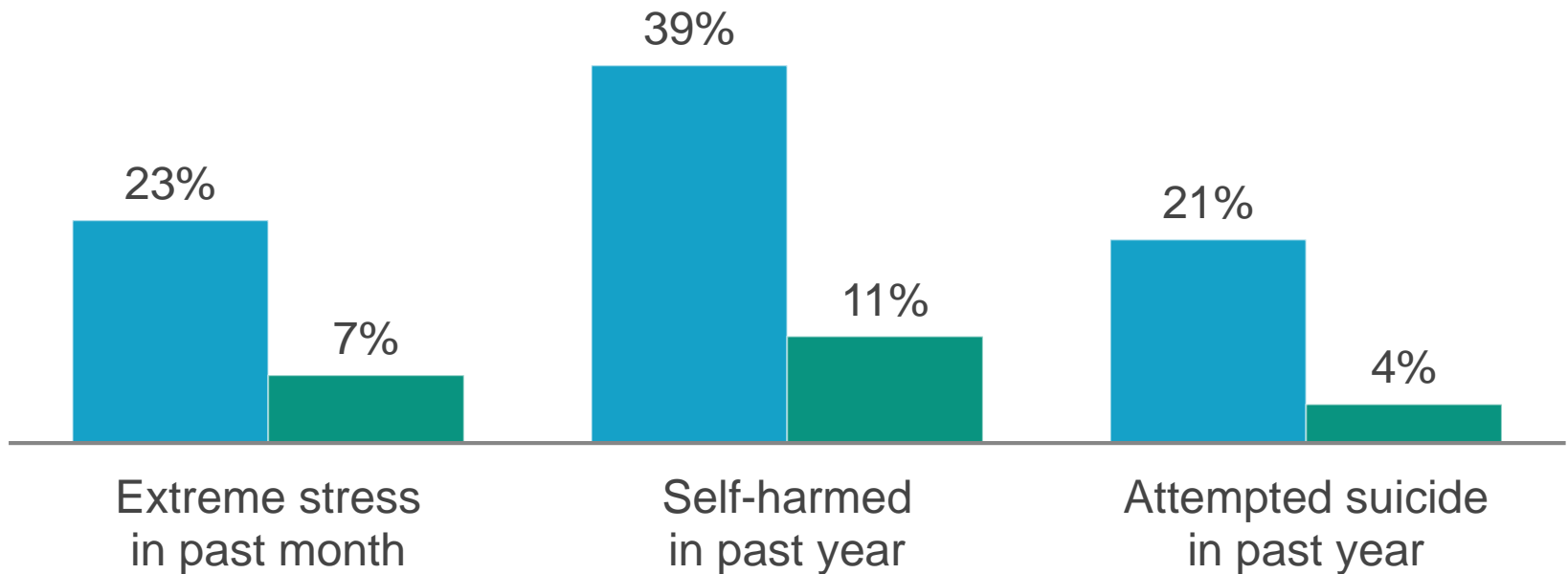


Mental health



Mental health of youth who were cyberbullied in past year

■ Victim of cyberbullying ■ Not victim of cyberbullying





Risk factors

LIVING SITUATION/ HOME ENVIRONMENT

- Been in government care
- Live in poverty
- Ran away from home
- Moved house

MINORITY YOUTH

- Lesbian, gay, bisexual
- Refugee
- Have a health condition/disability

VIOLENCE EXPOSURE

- Abuse
- In-person bullying
- Discrimination
- Dating violence

UNSUPERVISED OR HEAVY TECHNOLOGY USE

- Technology use after suppose to be asleep
- Technology use throughout the day
- Multiple cyber activities

HEALTH AND RISK BEHAVIOURS

- Ever tried substances
- First tried alcohol or marijuana at earlier age
- Risky use of substances
- Gambled

SELF-IMAGE

- Low self-confidence
- Body image issues





Protective factors

FAMILY

- Connect to family
- Have adult to turn to for support
- Parental monitoring of free time
- Parent present at meal time

COMMUNITY

- Connected to community
- Have professionals who provide helpful support
- Feel safe in neighbourhood
- Feel listened to in extracurricular activities

SCHOOL

- Connect to school
- Have school staff who provide helpful support
- Feel safe at school

PEERS

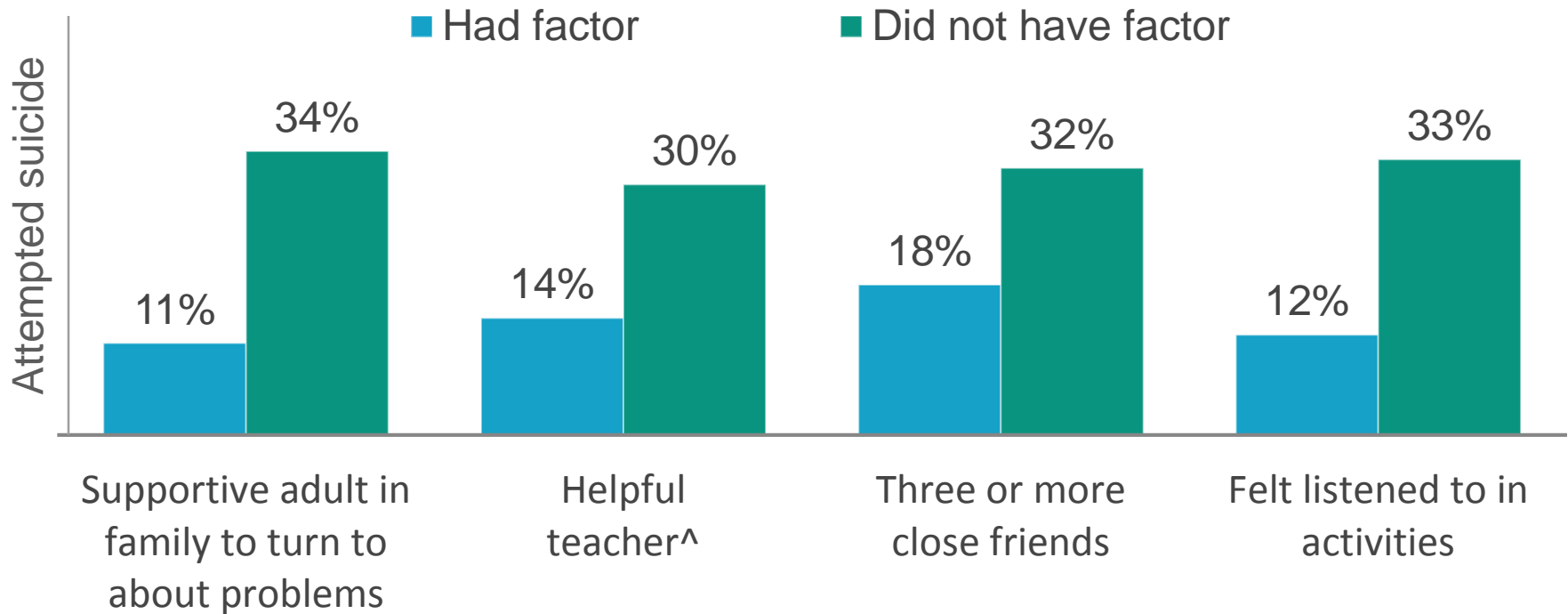
- Have a circle of friends
- Have friends with prosocial attitudes
- Have friends who provide helpful support



Youth who had been cyberbullied



Attempted suicide in past year
(among those who had been cyberbullied in past year)



[^] Among youth who approached a teacher for help in the past year.

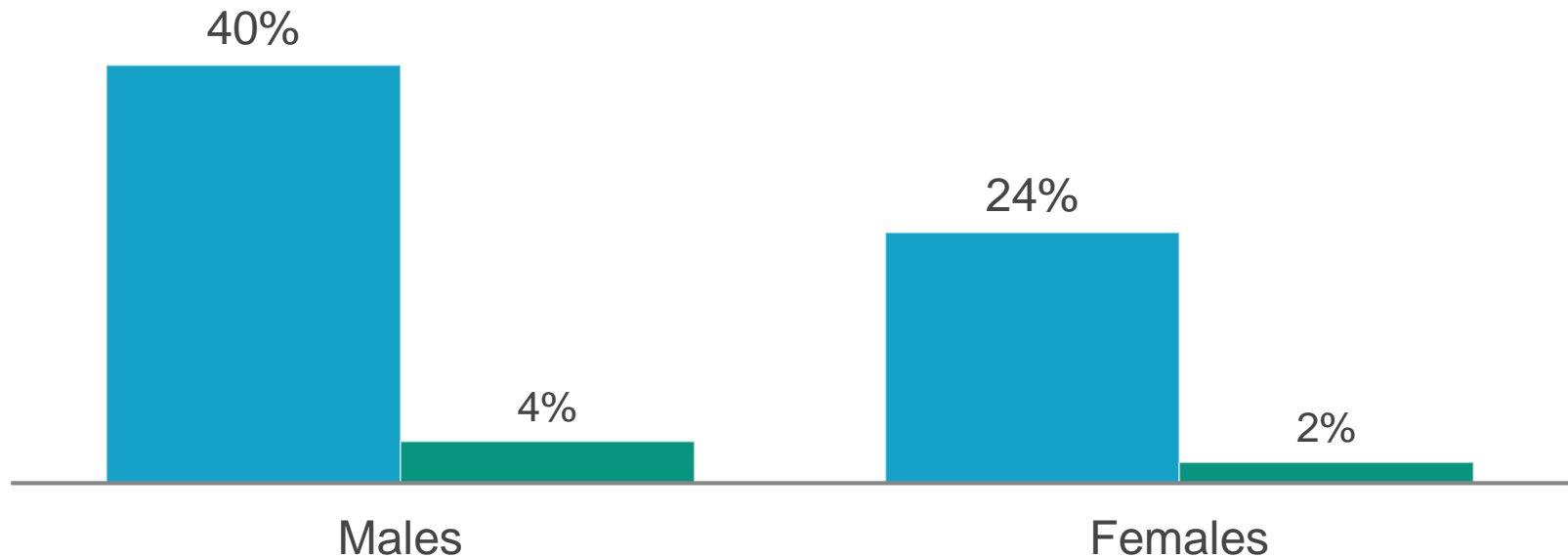


Perpetrators of cyberbullying



Youth who perpetrated cyberbullying
in past year

- Been victim of cyberbullying in past year
- Had not been a victim of cyberbullying in past year









Bridging research and action



NEXT STEPS WORKSHOPS

-  Interactive format to bring survey results back to youth
-  Youth respond to the data and provide insights into factors driving results
-  Focus on resiliency and strengths, provide opportunities for positive development
-  Strengthen community capacity to address risks and promote protective factors









Workshops with youth



ONLINE SAFETY NEXT STEPS

-  55 youth aged 13-18 from participated
-  5 communities across Greater Vancouver and the Fraser Valley
-  Developed in partnership with school districts and a local not-for-profit
-  A workshop toolkit informed by participants' responses and questions was developed, and has been shared widely








Youth's responses to the data



FEEDBACK

-  Online victimization experiences were pervasive and normalized, and young people may not identify behaviour as cyberbullying
-  Not much could be done to make social media/technology use safer, but youth identified steps they took to avoid/manage negative experiences
-  Some youth who said they had bullied others online had not recognized their behaviours as such until the discussion








Youth's responses to the data



RECOMMENDATIONS

-  Create more opportunities for dialogue at a younger age, including talking about online safety, privacy, security, and victimization
-  Parents/guardians should learn about the technology and online platforms young people are using, and provide oversight and/or limit use
-  Add more specific questions to the BC AHS to capture the full range of youth's experiences with social media and technology



Youth-led multimedia projects



1 IN 5 FEMALES REPORTED THAT THEY HAVE BEEN CYBERBULLIED.

TO LEARN MORE VISIT WWW.MCS.BC.CA

ONLINE SAFETY

FOR FEMALE YOUTH AGED 12 - 19

McCreary Centre Society
Youth health • Youth research • Youth engagement

Statistics are from youth aged 12 - 19 who completed the 2013 BC Adolescent Health Survey (www.mcs.bc.ca).

Met someone online who made them feel unsafe: 19% (female icon), 9% (male icon)

Females who cyberbullied someone else: Had been cyberbullied: 24% (computer icon), Had not been cyberbullied: 2% (computer icon)

Female youth who had met someone online who made them feel unsafe, had been bullied offline, or who engaged in sexting were more likely to report poor mental health than those without these experiences.

Females who met someone online who made them feel unsafe:

- Often/always felt safe in their neighbourhood in the daytime (red bar)
- Know/never felt safe in their neighbourhood in the daytime (green bar)

Had been cyberbullied in the past year: 19% (female icon), 10% (male icon)

Sexted yesterday: 6% (female icon), 11% (male icon)

If you are cyberbullied or you know someone who is:

- Tell your parents, teacher or another trusted adult
- Save the emails, chat, app or SMS's
- Block and delete a bully from your contact lists
- Do not respond to nasty comments
- Use the report chat or text or webtools/apps to report the problem
- Take a break from tech soapy
- If the bullying continues, open a new account and only give your new details to trusted friends and family.
- If you are being harassed on your phone, report the problem to your phone company and get a new number
- If the bullying continues ask adults to help you report it to the Police

Females were less likely to have cyber safety problems if they:

- Felt connected to family, school, or community
- Had an adult they could turn to when they had a problem
- Had a helpful family member
- Had parents who knew what they were doing in their spare time
- Felt safe at school, in a crowd and in their community
- Had three or more close friends and had friends with healthy attitudes towards risky behaviour
- Felt safe in their neighbourhood

http://mcs.bc.ca/download_resources
<http://youtube.com/user/mccrearycentre>



Youth-led multimedia projects





Moving forward



2018 BC AHS

- Online activities
- Being online after bedtime; going 'offline'
- Parental monitoring
- Online relationships
- Accessing health information
- Consent





Summary



- Youth who are meaningfully engaged are less vulnerable to risky online behaviours, and less likely report negative outcomes if victimized
- Sharing findings raised awareness of the importance of connections and provided opportunities for engagement
- Engaging young people in the research process can help to ensure that technology-related data remains relevant and up to date



THANK YOU



McCreary Centre Society

www.mcs.bc.ca

mccreary@mcs.bc.ca

1-604-291-1996