

PANDEMIC SOCIAL RELATIONSHIPS
BULLYING & CYBERBULLYING
IN 2022



Dr. Elizabeth Englander
 @ekenglander
Englander@marccenter.net
www.ElizabethEnglander.com

1

IT'S 2022.
WHAT ARE TEENS DEALING WITH, AND HOW CAN PARENTS HELP?

2

KIDS ARE UNDER STRESS



3

TRENDS THAT WERE HAPPENING BEFORE THE PANDEMIC



4

TOO MUCH TIME ON SCREENS



5

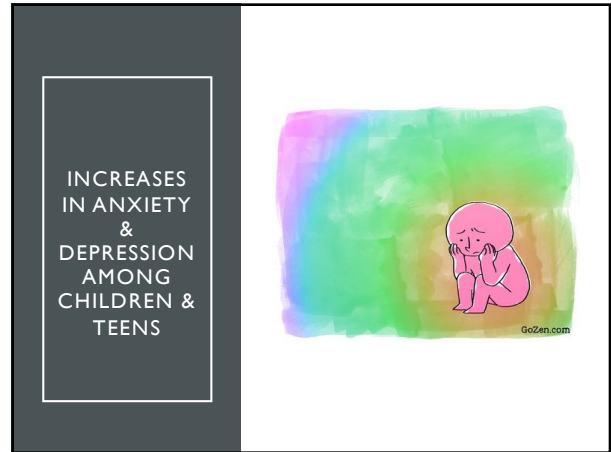
DECREASING SOCIAL SKILLS



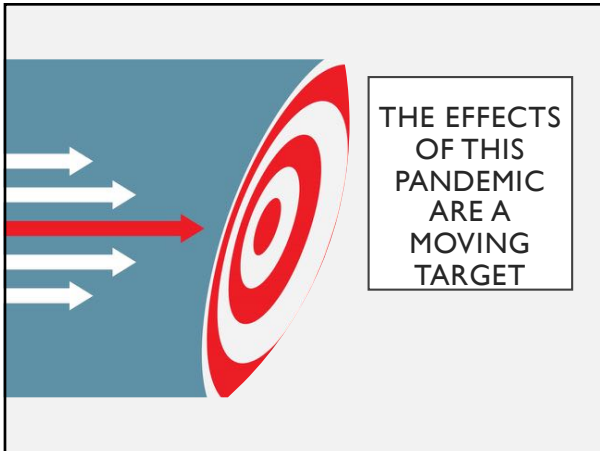
6



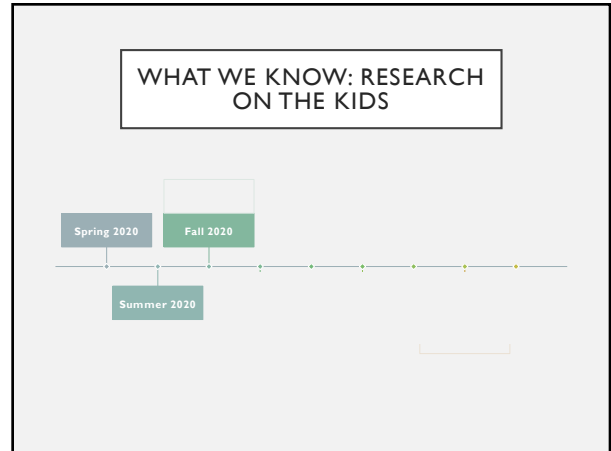
7



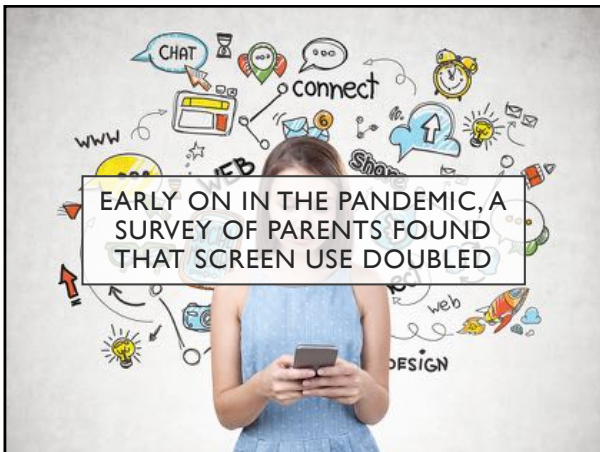
8



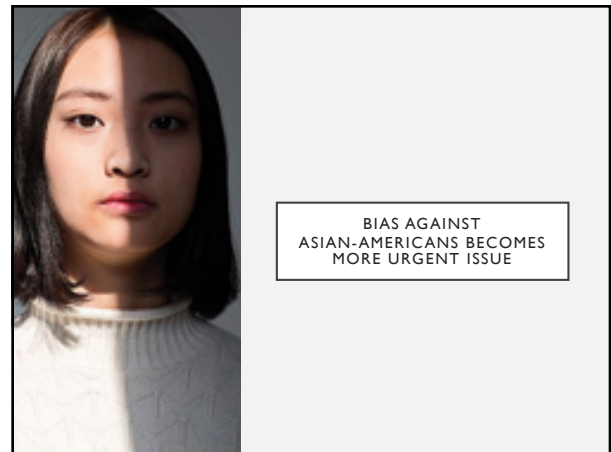
9



10



11



12



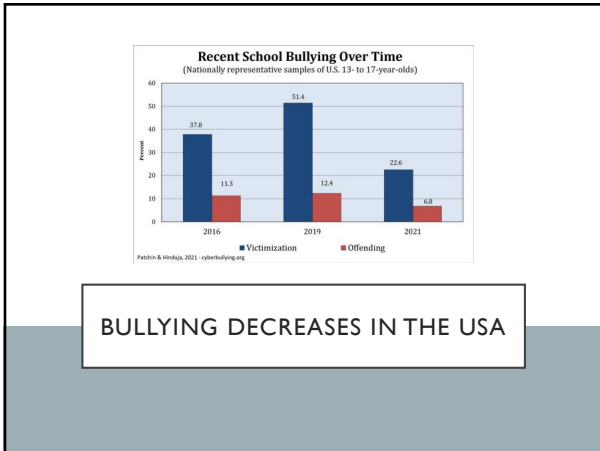
13

NO SIGNIFICANT INCREASES IN BULLYING OR CYBERBULLYING

AS OF SPRING 2021

ONE IN FOUR

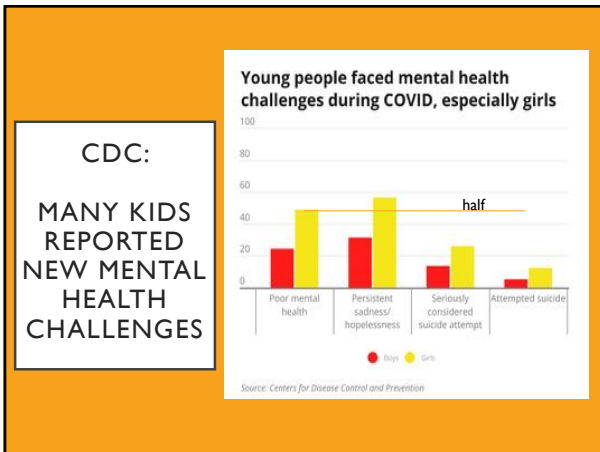
14



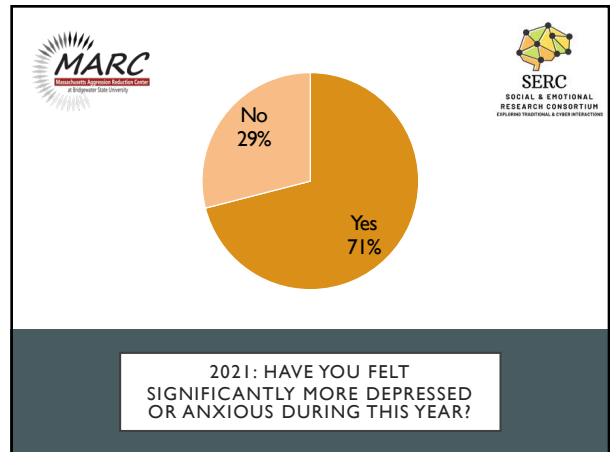
15



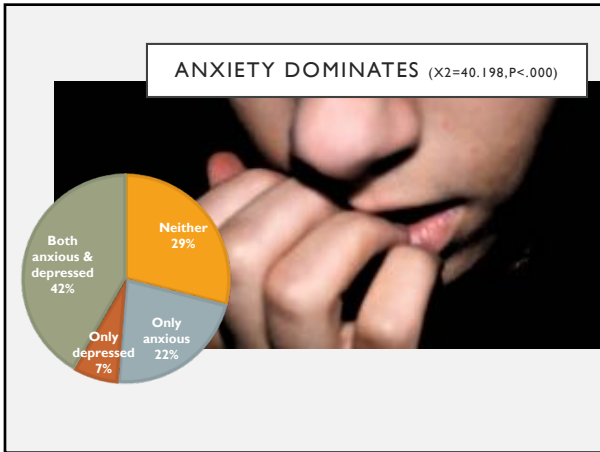
16



17



18



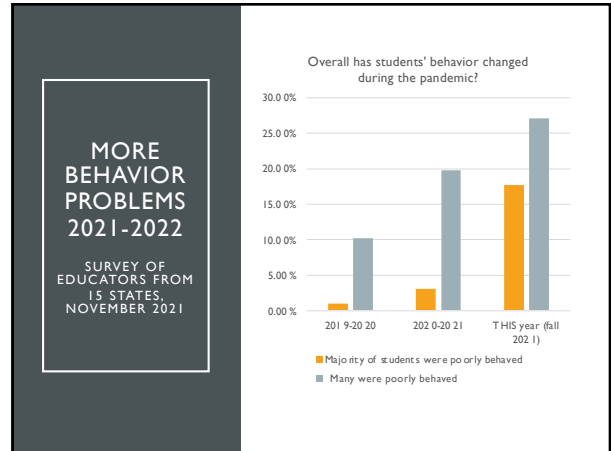
19



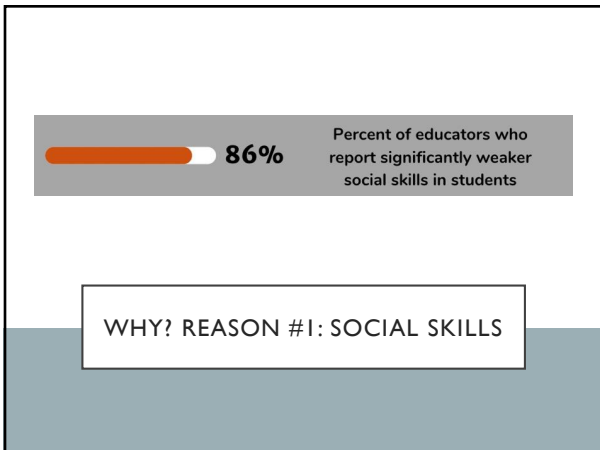
20



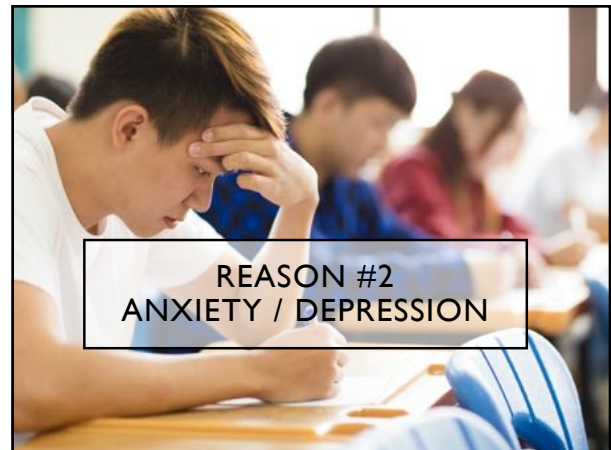
21



22



23

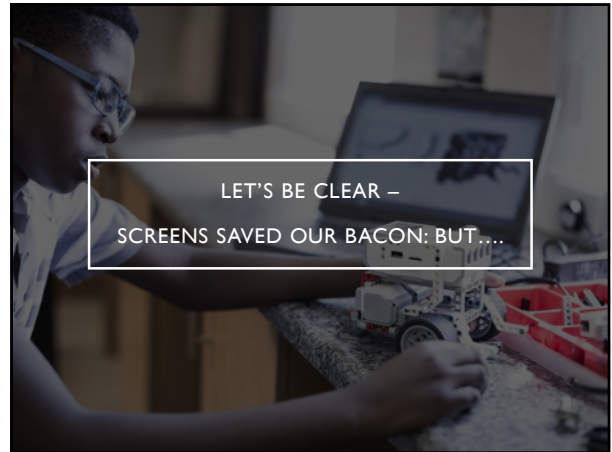


24



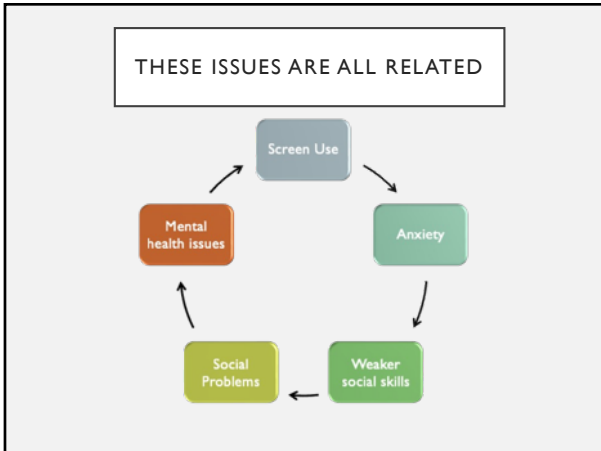
Reason #3: The incredible increase in screen time

25

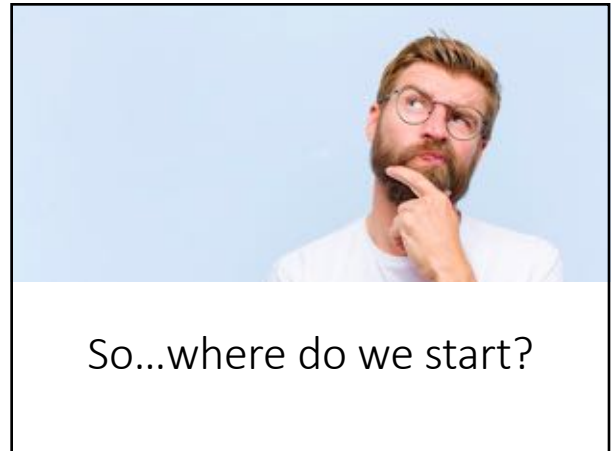


LET'S BE CLEAR –
SCREENS SAVED OUR BACON: BUT....

27

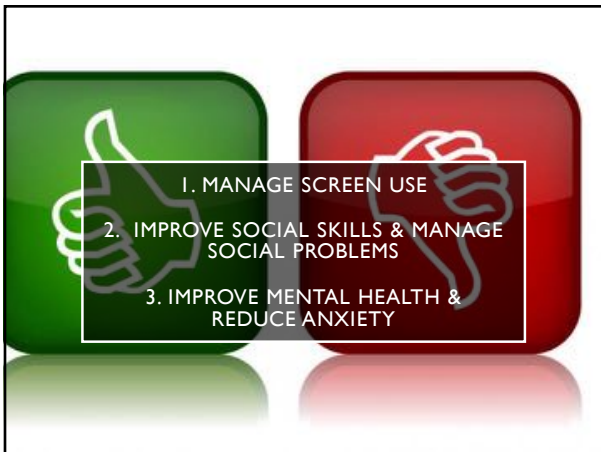


28



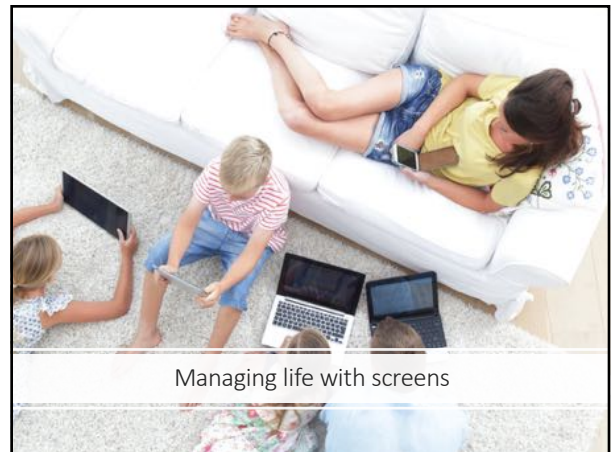
So...where do we start?

29



1. MANAGE SCREEN USE
2. IMPROVE SOCIAL SKILLS & MANAGE SOCIAL PROBLEMS
3. IMPROVE MENTAL HEALTH & REDUCE ANXIETY

30



Managing life with screens

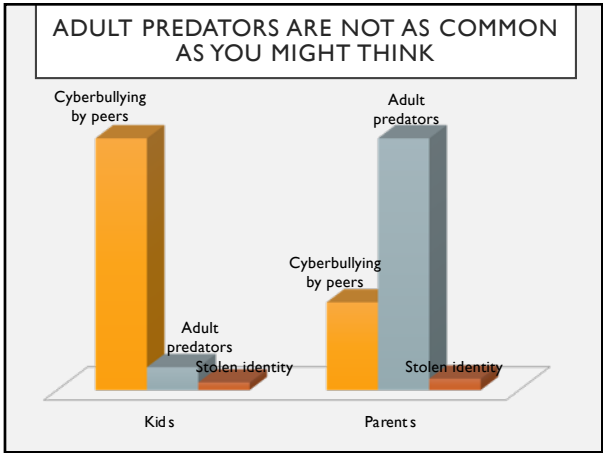
31



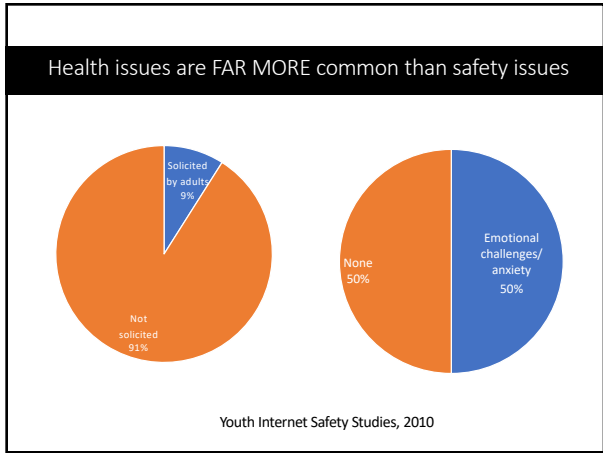
32



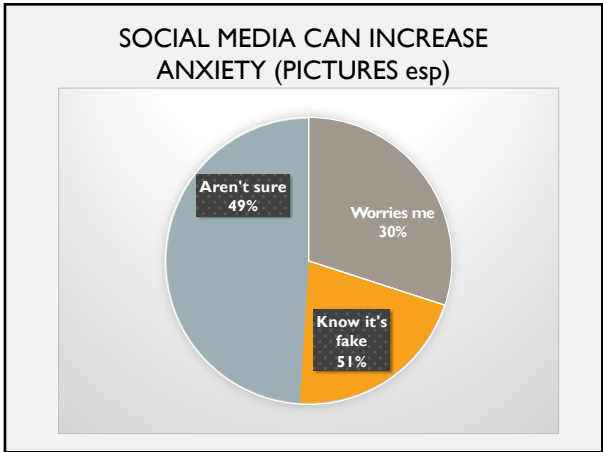
33



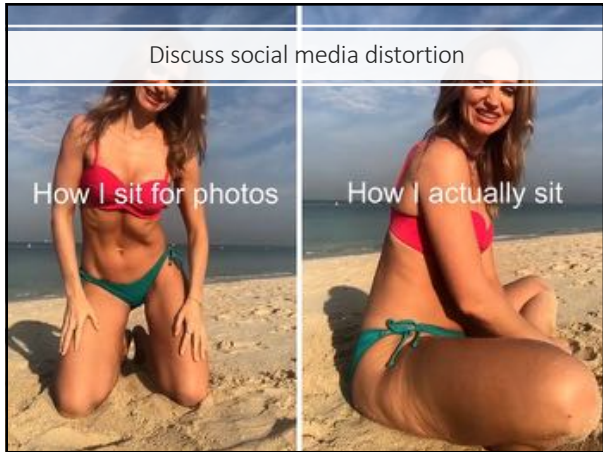
34



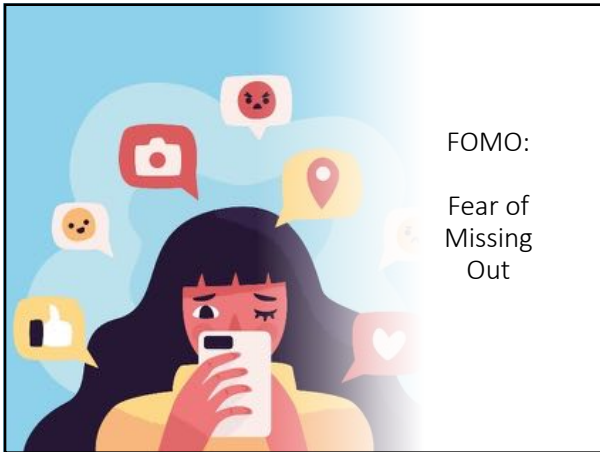
35



36



37



FOMO:
Fear of
Missing
Out

38



WHEN IT
COMES TO
SCREENS,

HOW DO
WE PUT
THE
TOOTH
PASTE
BACK IN
THE TUBE?

39

We needed screens But the worst is over We know screens have problems (like anxiety) So it's time to revisit family rules

FAMILY RULES
 Be Grateful
 Be Happy
 Be Grateful
 Dream Big
 Laugh Out Loud

“THE POST-PANDEMIC-LOCKDOWN SCREEN TALK”

40



THIS WILL BE A CHANGE, AND NOT ALWAYS AN EASY ONE; BUT WE'LL ALL BE HEALTHIER FOR IT

41



You can show your child how to do it right

BE A MODEL

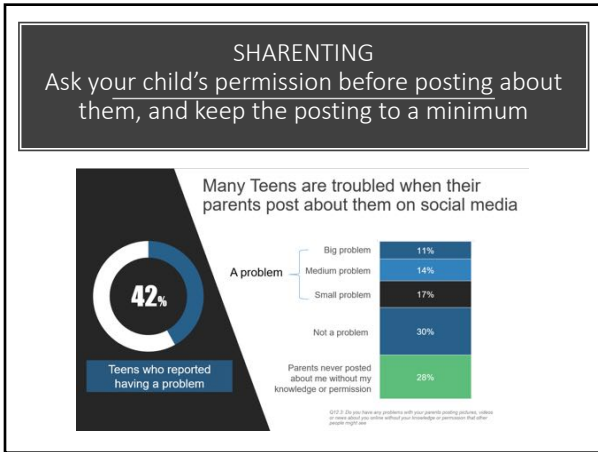
42

Don't ignore LIFE for the screen

Talking to live people...

1. Improves social skills
2. Improves social connections

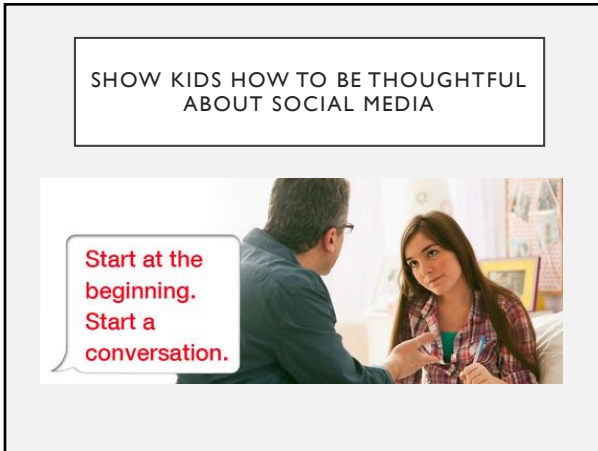
43



44



45



46

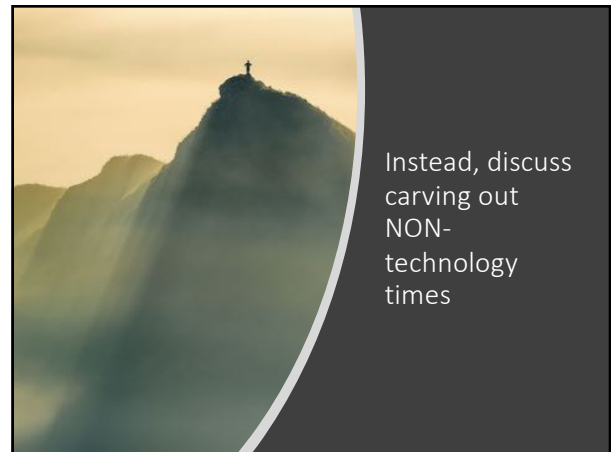
A FEW POINTS TO MAKE

- Make sure you're being very clear
- If someone inexplicably seems mad at you, don't lash back – talk to them
- Don't gang up on people
- Be careful about any image you post that has other people in it (ask them first)
- Remember that emotions escalate rapidly in digital environments
- This is a stressful time – try to keep things positive!

47



48



49

PLEASE SILENCE YOUR CELL PHONES.
Out of courtesy of others, we ask that you take calls outside and please silence all cell phones. Thank you.

Ideas for non-tech time rules

50

Improve social skills & relationships

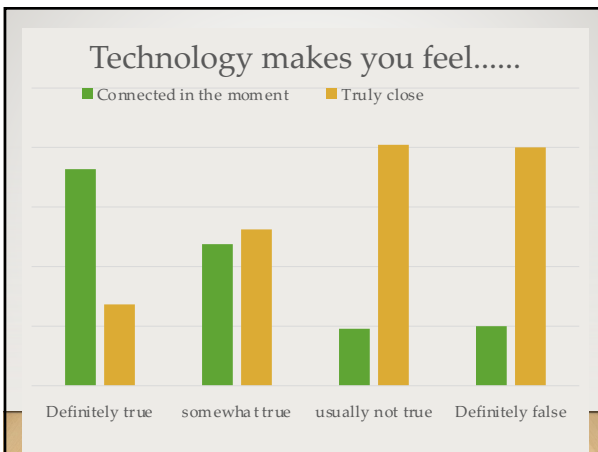
51

Face to face interactions are the primary way kids develop social skills

52

TECH DOES NOT LEAD TO DEEP FRIENDSHIPS THE WAY FACE-TO-FACE DOES

53



54

EVEN HIGH QUALITY DIGITAL INTERACTIONS CAN'T SUBSTITUTE FOR IN-PERSON TIME

55

EVEN TEENS CAN NEED HELP COORDINATING FACE-TO-FACE TIME WITH PEERS



56

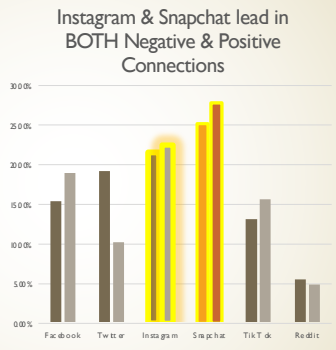


SO WHY NOT JUST TELL KIDS TO STOP USING SOCIAL MEDIA?

57

THEY GET A LOT OF POSITIVE STUFF FROM SOCIAL MEDIA

Instagram & Snapchat lead in BOTH Negative & Positive Connections



Platform	Percentage
Facebook	15.0%
Twitter	19.0%
Instagram	22.0%
Snapchat	28.0%
TikTok	13.0%
Reddit	5.0%

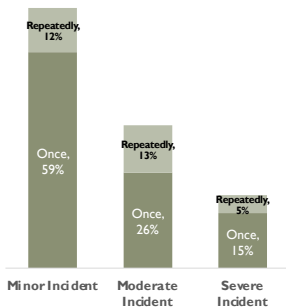
58

HANDLING SOCIAL PROBLEMS LIKE BULLYING AND CYBERBULLYING




59

FIRST: STAY CALM



Incident Type	Once	Repeatedly
Minor Incident	59%	12%
Moderate Incident	26%	13%
Severe Incident	15%	5%

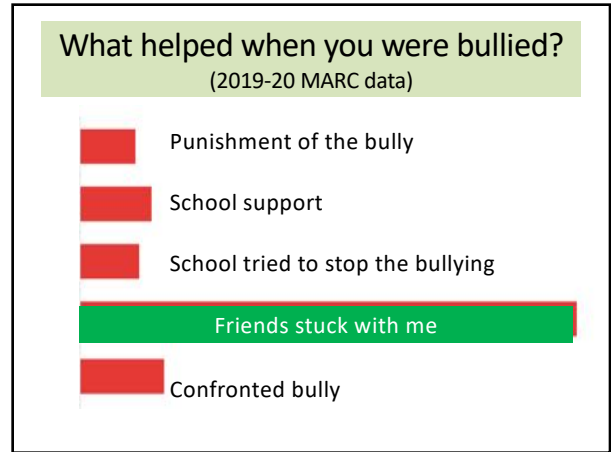
60



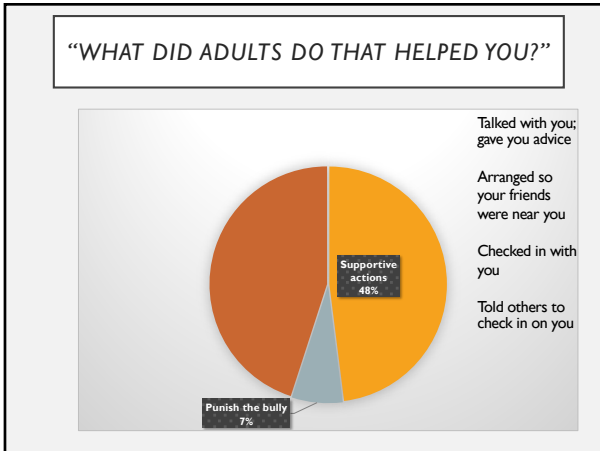
61



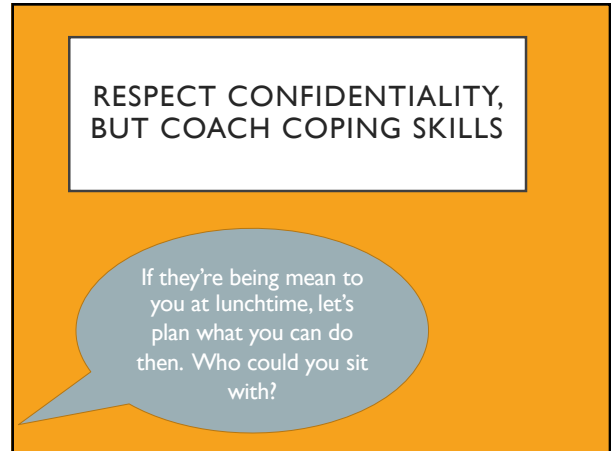
62



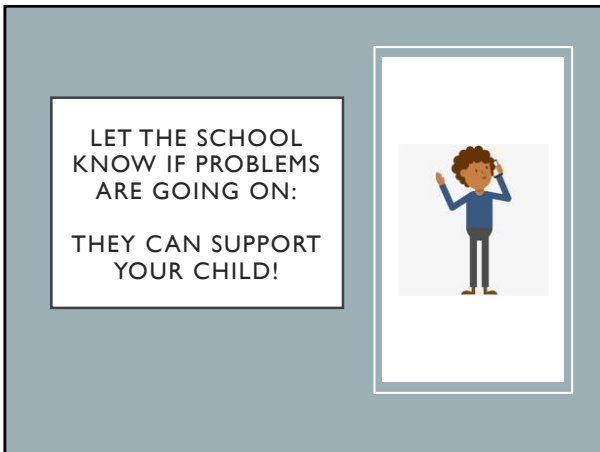
63



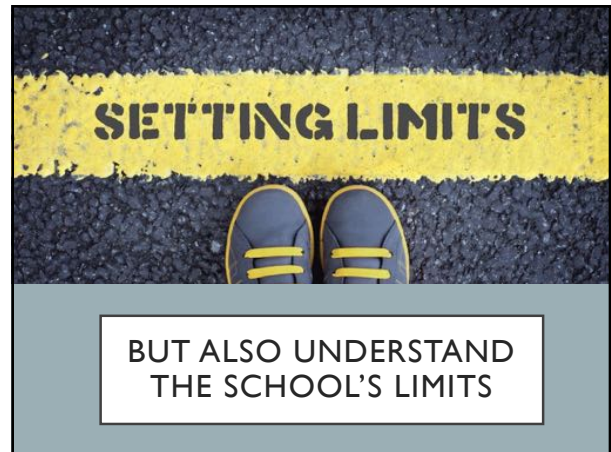
64



65



66



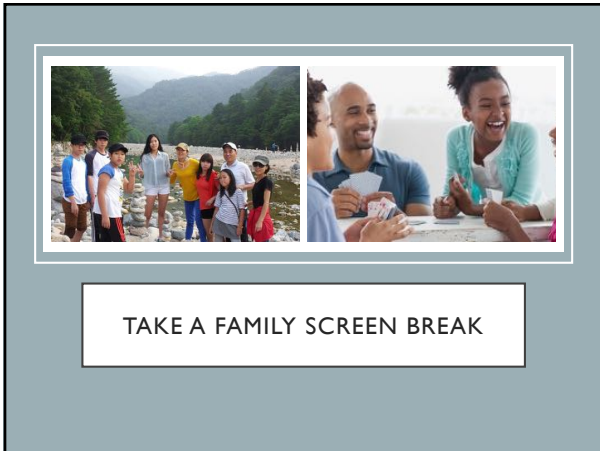
67



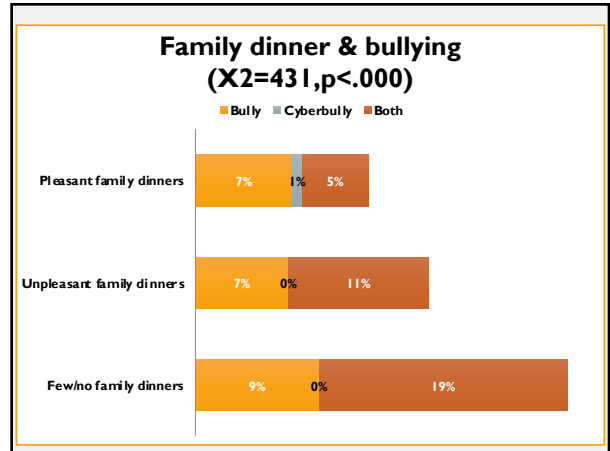
68



69



70



71

KEEP AN EYE PEELED FOR SIGNS OF ANXIETY OR DEPRESSION



- Social isolation
- Lack of interest in things they usually like to do
- Sadness that persists or worrying that can't be alleviated by logic
- Problems w/ sleeping or eating


72



73

The MARC PANDEMIC PLAYBOOK PROJECT:


TEACH KIDS HOW TO IDENTIFY AND PROMOTE THEIR OWN MENTAL HEALTH



74

Insanely Awesome Books

Kids Teach Kids Pandemic Curriculum

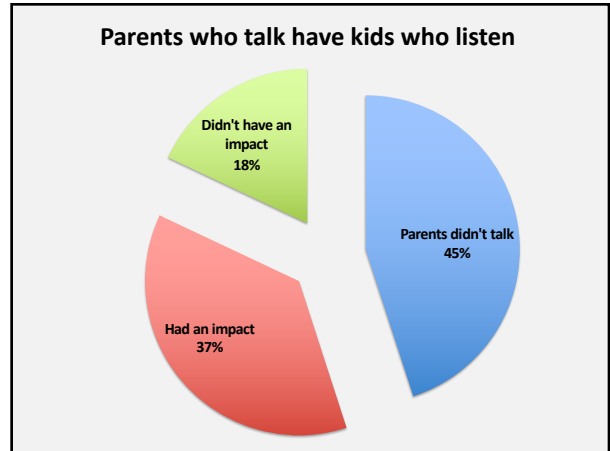


75



**MOST IMPORTANT THING:
TALK, TALK, TALK**
"WHAT PROBLEMS DO YOU SEE, AND WHAT CAN WE DO ABOUT THEM?"

76



77



DR. ELIZABETH ENGLANDER
 MASSACHUSETTS AGGRESSION REDUCTION CENTER
 BRIDGEWATER STATE UNIVERSITY
 @EKENGLANDER
ENGLANDER@MARCENTER.NET
WWW.ELIZABETHENGLANDER.COM

78