

Electronic Aggression

Obj. 7.8: Evaluate the impact of technology on personal, family, and community health.



Your Electronic Activity

- Place a check mark next to any of the following electronic activities you have engaged in:
 - Texting
 - Blogging
 - E-mail
 - Social media (Facebook, Twitter, etc.)
 - Instant messaging
 - Video messaging
 - Youtube (posting content or commenting)
 - Other: _____
- Now **circle** any of the forms of electronic activity above on which you have seen negative or hurtful messages directed toward yourself OR another person, at any point in the past.
- Based on your experiences, how big of a problem is this?

DISCUSS

Electronic Activity: Benefits & Drawbacks

With a partner, discuss the following questions:

- What are the **benefits** of the presence of electronic communications and activity in the lives of adolescents?
- What are the **drawbacks, risks, or dangers** of electronic communications and activity in the lives of adolescents?
- What can adolescents or others who have relationships with them (i.e. parents, friends, teachers, coach, etc.) do to ensure the **benefits** are emphasized and **risks or dangers** are minimized?



Technology & Youth Violence

Young people are using media technology, including cell phones, personal data assistants, and the Internet, to communicate with others in the United States and throughout the world. Communication avenues, such as text messaging, chat rooms, and social networking websites (e.g., Facebook), have allowed youth to easily develop relationships, some with people they have never met in person.

Media technology has many potential benefits for youth. It allows young people to communicate with family and friends on a regular basis. This technology also provides opportunities to make rewarding social connections for those teens and pre-teens who have difficulty developing friendships in traditional social settings or because of limited contact with same-aged peers. In addition, regular Internet access allows young people to quickly increase their knowledge on a wide variety of topics.

However, the explosion in communication tools and avenues does not come without possible risks. Youth can use electronic media to embarrass, harass or threaten their peers. Increasing numbers of teens and pre-teens are becoming victims of this new form of violence. Although many different terms—such as cyberbullying, Internet harassment, and Internet bullying—have been used to describe this type of violence, electronic aggression is the term that most accurately captures all types of violence that occur electronically. Like traditional forms of youth violence, electronic aggression is associated with emotional distress and conduct problems at school. In fact, recent research suggests that youth who are victimized electronically are also very likely to also be victimized off-line (i.e., sexually harassed, psychological or emotional abuse by a caregiver, witnessing an assault with a weapon, and being raped).¹

1. Mitchell KJ, Finkelhor D, Wolak J, et al. Youth internet victimization in a broader victimization context. *J Adolesc Health* 2011;48:128–134.

Source: CDC, Tech & Youth Violence (<http://www.cdc.gov/violencePrevention/youthviolence/electronicaggression/index.html>)

What is Electronic Aggression?

Electronic aggression is a growing problem with youth and violence. Review the definition and examples below.

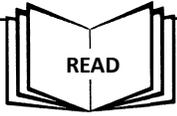
Electronic Aggression:

Any type of harassment or bullying (teasing, telling lies, making fun of someone, making rude or mean comments, spreading rumors, or making threatening or aggressive comments) that occurs through e-mail, a chat room, instant messaging, a website (including blogs), text messaging, or videos or pictures posted on websites or sent through cell phones.

Examples of Electronic Aggression

- Disclosing someone else's personal information in a public area (e.g., website) in order to cause embarrassment.
- Posting rumors or lies about someone in a public area (e.g., discussion board).
- Distributing embarrassing pictures of someone by posting them in a public area (e.g., website) or sending them via e-mail.
- Assuming another person's electronic identity to post or send messages about others with the intent of causing the other person harm.
- Sending mean, embarrassing, or threatening text messages, instant messages, or e-mails.

Source: CDC Tip Sheet (<http://www.cdc.gov/violenceprevention/pdf/ea-tipsheet-a.pdf>)



Electronic Aggression Jigsaw

As a small group, read the handout packet section for your assigned question and prepare a short 1 minute overview of your focus area to present to the class? Use the tables below to prepare and take notes as other teams present.

Source: CDC http://www.cdc.gov/violenceprevention/pdf/electronic_aggression_researcher_brief-a.pdf

| Our Topic (circle one): | Our Notes for Presentation: |
|---|-----------------------------|
| 1. How common is electronic aggression? (p. 4) 2. Who is at risk? (p. 6) 3. What is the relationship between victims and perpetrators of electronic violence? (p. 7) 4. Do certain types of electronic technology pose a greater risk for victimization? (p. 7) 5. What problems are associated with being a victim of electronic aggression? (p. 8) 6. What are the problems are associated with being a perpetrator of electronic aggression? (p. 9) 7. Is electronic aggression just an extension of school-yard bullying? (p. 10) 8. What can we do? (p. 11) and What are the steps from here? (p. 11) | |

| Question | Information: |
|---|--------------|
| 1. How common is electronic aggression? (p. 4) | |
| 2. Who is at risk? (p. 6) | |
| 3. What is the relationship between victims and perpetrators of electronic violence? (p. 7) | |
| 4. Do certain types of electronic technology pose a greater risk for victimization? (p. 7) | |
| 5. What problems are associated with being a victim of electronic aggression? (p. 8) | |
| 6. What are the problems are associated with being a perpetrator of electronic aggression? (p. 9) | |
| 7. Is electronic aggression just an extension of school-yard bullying? (p. 10) | |
| 8. What can we do? (p. 11) and What are the steps from here? (p. 11) | |



Podcast on Electronic Aggression

As you listen to the CDC Podcast “Electronic Aggression,” answer the question below.

Source: CDC Cup of Health, Electronic Aggression (<http://www2c.cdc.gov/podcasts/player.asp?f=7306>)

1. What are some examples of types of electronic aggression mentioned in the Podcast?
2. Why is the CDC focusing on this issue?
3. Why is electronic aggression considered an emerging public health problem?
4. What negative effects are more likely for victims of electronic aggression?
5. What are the benefits of electronic media for adolescents?
6. What was the key finding mentioned in the Podcast?
7. This Podcast was released in 2007. Do you think any of the findings or information was dated? If so, which ones?



Summarize

Explain the impact of technology on health for adolescents.



Campaign/PSA to Prevent Electronic Aggression:

Propose a Public Service Announcement (PSA) or Social Media Campaign designed to prevent electronic aggression. On a separate sheet of paper, outline your proposal including the following information:

1. Description of the Campaign or PSA:
 - a. *What it will say*
 - b. *Who the target audience is*
 - c. *When and how long it will run*
 - d. *Where it will run*
2. Rationale for Campaign or PSA:
 - a. How will the information or message impact adolescents?
 - b. How will you know if it was effective? (What data could you collect?)