

List of References for Bullying Presentation

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- [Google search](#)
- [Charlotte-Australian girl suicide and she asked parents to use her example to help others](#)
- [Bullying in Spain's Schools](#)
- * [Social Media Dangers Documentary – Childhood 2.0](#)
- [Here's how cyberbullying is linked to teen suicides](#)
- [Hannah-British teen suicide](#)
- [Emily-US teen suicide-father activist working with Congress](#)
- * [Dark Cloud](#)
- [Heartbreaking Story](#)
- [US Government Site for Stopping bullying](#)
- * [Australian 60 Minutes Charlotte's Wish](#) (20 minutes)
- [CBS Eye on America](#) (5:41) – parental involvement with kids to prevent suicide
- [How Cyberbullying Leads to Suicide](#) (2:13)
- [News 5 Investigates – Bullied to Death](#) (5:01)
- * [Our Turn to Talk](#) (3:15) – Instagram addiction as told by addicted teen – algorithms and testimony to congress
- * [CBS Evening News – Screen Time Impact on Youth Mental Health](#) (3:10) phones at night
- [Landmark Verdicts Against. Meta and YouTube](#)

* Highly recommended

Statistics

- Suicide is at a 40 year high for young women¹
- Suicide is 2nd Leading Cause of Death for both genders 15-24 years old²
- CDC 2021 reports significant declines in youth mental health, especially increased suicide risk especially in girls³
- Bright Defense⁴
 - 92% of young people age 15-24 use the internet
 - 40.5% of 18-25 ear-olds report being cyberbullied
 - Cyberbullying reported cross platforms
 - Instagram (owned by Facebook) – 29.8%
 - Facebook – 26.2%
 - SnapChat – 22.0%
 - WhatsApp – 8.5%
 - YouTube – 7.1%
 - X (formerly Twitter) – 6.4%
 - Cyberbullying victims were 2.5 times more likely to use marijuana and Binge drink
 - 37% faced social anxiety
 - 36% faced depression
 - 24% considered suicide
 - 23% self-harmed
 - Legal Implications
 - 48 states include cyber bullying and anti-bullying statutes
 - 45 states allow criminal sanctions
 - 46 states allow school sanctions
 - 49 states require school bullying policies
 - 28 States cover off campus conduct
 - Parental Concern

Of the countries studied, Singapore at 49% was the highest percentage of parents concerned about their children being cyber bullied, and Brazil was the lowest at 28%.

The United States ranked at 40%.

How to Recover From Screen Addiction⁵

Detoxing from screen addiction involves setting firm boundaries, such as creating tech-free zones (bedrooms, dinner table) and scheduling regular, structured breaks from devices. Replace screen time with offline activities like reading, exercising, or socializing in person. Utilize tools like app trackers, grayscale mode, and disabling notifications to reduce temptation, aiming for a gradual reduction rather than an abrupt, total halt.

Actionable Steps for a Screen Detox

- **Establish Tech-Free Zones & Times:** Designate areas like the bedroom or dinner table as phone-free, and remove devices at least one hour before bed.
- **Use Digital Tools to Break Addiction:** Utilize app and website blockers like StayFree,

FocusMe, or the Unhook Chrome plugin to limit time on addictive platforms.

- **Turn Screens "Gray":** Change your phone display to grayscale mode, which makes the screen less visually stimulating and appealing.
- **Manage Notifications:** Turn off all non-essential notifications to reduce the compulsion to check your phone.
- **Engage in Offline Hobbies:** Actively replace screen time with hobbies such as reading physical books, journaling, exercising, or spending time in nature.
- **Digital Declutter:** Remove unnecessary apps and unsubscribe from emails that do not add value, reducing the temptation to constantly check your phone.

Structured Approaches

- **Start Slow:** Begin with small breaks, such as taking a one-hour break or keeping your phone in another room while working or sleeping.
- **Create a Plan:** Set clear, realistic goals for screen usage and track your progress to make the detox intentional.
- **Seek Support:** If necessary, utilize therapies like Cognitive Behavioral Therapy (CBT) to alter, negative, compulsive screen-use behaviors.

Social Media and Cyberbullying References for Parents

- [US Government Site for Stopping bullying](#)
 - Learn what cyber bullying is, how to prevent it, and how to respond to it if you or someone you know is experiencing cyber bullying.
 - Sometimes bullying overlaps with discriminatory harassment, which is covered under federal civil rights laws. Learn more about your civil rights.
 - School staff can prevent bullying by establishing and enforcing rules and policies that clearly describe how students are expected to treat each other.
 - Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.
- [Organization for Social Media Safety](#)
 - Focuses on school programs, foster youth, and technology development to protect against risks like cyberbullying and harassment.
- [Common Sense Media](#)
 - Provides extensive, trusted ratings and reviews on apps, games, and social media platforms, along with advice for parents on navigating digital challenges.
- [Family Online Safety Institute](#)
 - Promotes a "good digital parenting" approach, providing toolkits, safety agreements, and policy initiatives to make the internet safer.
- [Parents for Safe Online Spaces \(ParentsSOS\)](#)
 - A group of grieving parents advocating for legislation like the Kids Online Safety Act (KOSA) to hold tech companies accountable.
- [Fairplay for Kids](#)
 - A non-profit dedicated to ending marketing practices that exploit children and protecting their well-being.
- [HHS.gov - Social Media and Youth Mental Health](#)
 - Provides guidance on the mental health effects of social media and tools for creating a family media plan.

Monitoring Software for Children's Electronic Devices

- [10 Best Parental Control App Providers – Consumers Advocate](#)

US Congressional Acts for Child Online Safety

- **Currently in Process**
 - [S.1748 - Kids Online Safety Act](#)
 - [H.R.6289 - Promoting a Safe Internet for Minors Act](#)
 - [S.1291 - Protecting Kids on Social Media Act](#)
- **Already Enacted**
 - [Children's Internet Protection Act \(CIPA\)](#)
 - [Children's Online Privacy Protection Rule \("COPPA"\)](#)
- **How Do I Contact My Senators and Representative**
 - [US Congress site](#)



 **Link to this document.** 

<https://www.cm-assoc.com/resources/Bullying-Links.pdf>

End Notes

¹ [CBS Eye on America](#)

² [CBS Eye on America](#)

³ [How Cyberbullying Leads to Suicide](#)

⁴ [Bright Defense 2026 Statistics](#)

⁵ Google Search "How to Detox from Screen Adiction"