

Bullying , Cyberbullying and Social Media Use Pediatric Checklist (BRIEF FORM) (2017)

The Massachusetts Aggression Reduction Center (MARC): www.MARCcenter.org
 Bullying And Cyberbullying Prevention and Advocacy Collaborative (BACPAC)
 at Children's Hospital Boston: www.childrenshospital.org/BACPAC

SECTION 1: SOCIAL SKILLS ASSESSMENT.

1. Are the kids in your school friendly?
2. Tell me about one child at your school who you like.
3. Who is your best friend in school? Do you ever play or see each other when you're NOT in school?

Child states or suggests that he or she has no friends.

SECTION 2: Cell Phone Use

4. Some kids your age have cell phones but some use their parents' or friends'. That's normal. Do you have your own cell phone?
 - IF YES: Do you carry it with you every day, to school?
 - Do you keep it in your room at night?
 - How many hours a night do you sleep? Do you often feel tired during the day?
 - IF NO: How often do you take your parents' cell phone to school?

Child has frequent or daily access to a cell phone.

Indications of sleep deprivation

SECTION 3: Social Media Use (Note: minimum age by FTC Regulation is 13 years old)

5. Do you use Instagram, SnapChat, Musica.ly, AskFM, or other social media with your friends?
 - IF YES: Do you use it every day? Do you post messages / pictures?

Child uses social media. Which app:

SECTION 4: ASSESSMENT OF BULLYING OR CYBERBULLYING INVOLVEMENT

****BEGIN BY STATING:** "You probably know that grownups today are very worried about bullying. I'd like to ask you a little bit about that, but I want to make sure you understand what I mean. When I ask about bullying, I mean another kid (or group of kids) who picks on someone or is mean to them *on purpose, over and over again* – not just one time."

2. Is there any one kid or a bunch of kids that pick on you or make you feel bad over and over again?

Yes (inquire as to the frequency) : (__x daily; __ times a week; __times a month; __times a year).
IF NO, SKIP TO END

IF YES....

Where does this happen? (Ask about apps & games online)

What did he or she do to you?

3. It's very important that you understand that if you are being bullied that it is *never* your fault. Bullying is wrong and people should *never* bully others. **Have you told anybody about the kids that are bothering you?**

Yes (Who have you told? Circle: Peer / Friend / Parent / Teacher / Other) :

IF NO - SKIP TO #4.

IF Yes.....Were the adults able to stop the bullying?

No. (How did they try to help?)	Yes. (What actions did they take that were helpful?)
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Did talking about it make you feel better?

No ("That's ok. Sometimes talking does help though.")

Yes

4. "Sometimes it feels good just to talk about things. I wish you and I had more time to talk about it today. Would you like to have a chance to talk about it sometime soon?"

Yes (If "Yes," refer to:) _____

IF NO.....

..."Would you like me to try to help? As your doctor, I can talk with the school officials and try to make sure that the bullying stops. While I cannot promise that everything will be better, I know that *if we do nothing* the bullying will likely continue and probably get worse. I want you to be happy and safe at school - is it okay with you if I talk to your school about this?"

Yes (Who would you like me to talk to? Principal / Nurse / Counselor / Teacher / Other:

REVIEW WITH PARENTS/CAREGIVERS

Factors that may increase this child's risk of being involved in cyberbullying or bullying:

- Delayed or challenged social skills (see answers to SECTION 1)
- Cell phone ownership (see answers to SECTION 2)
- Is device interrupting the child's sleep? (see answers to SECTION 2)
- Use of social media prior to age 13 (see answers to SECTION 3)

Has the child disclosed being a victim of bullying or cyberbullying? (see answers to SECTION 4)

- If YES, has the child spoken to a peer or friend?
 - If the child has not spoken to ANYONE about this, consider referrals for counseling.
- If YES, has the child spoken to an adult?
- What actions have peers or adults taken that were helpful?
 - Note: it is important to distinguish between helpful actions and actions that were not as helpful

Actions going forward:

- Encourage attention to social skills development if warranted (school programs; independent practitioners; extracurricular activities)
- Encourage parental discussions about social media, cell phone use, bullying and cyberbullying
 - Encourage consideration of parental control software (parents can check their child's cell phone provider for this)
 - Distribute materials to help with these discussions (parent downloads from WWW.MARCCENTER.ORG)
- Discussion actions to be taken if bullying or cyberbullying were disclosed
 - Contact school?
 - Encourage / facilitate social skills, friendships?
 - Refer for psychological counseling or support?
- Plan follow-up if bullying or cyberbullying were disclosed

GUIDE TO THE BULLYING/CYBERBULLYING CHECKLIST/INTERVIEW

WHEN A CHILD IS BEING BULLIED

THERE ARE THREE VENUES THROUGH WHICH YOU CAN HELP THIS CHILD:

- **BY GIVING THEM A “SAFE ADULT” AT SCHOOL THEY CAN ALWAYS SPEAK WITH (EG, THE SCHOOL NURSE, THE SCHOOL ADJUSTMENT COUNSELOR);**
- **BY GIVING THEIR PARENTS GUIDANCE ABOUT HOW TO COPE (THROUGH HANDOUTS, WEBSITES); AND**
- **BY OFFERING THEM SUPPORT FROM YOURSELF.**

**If child consents to your involvement, seek written parental consent to share information with the school in writing. The more details the child can provide as to who, what, where, how, the more power the school will have to act. Explain this to the child/parent and do your best to gently get details for your letter to the school. If child or parent will not consent to communication with school, provide advice / handouts (www.MARCCenter.org) to help the parent advocate themselves for their child with the school. Always document in your note the conversation in the office.

WEBSITES FOR PARENTS/TEACHERS/STUDENTS:

1. The Massachusetts Aggression Reduction Center (MARC): www.MARCCenter.org
2. Bullying And Cyberbullying Prevention and Advocacy Collaborative (BACPAC) at Children's Hospital Boston: www.childrenshospital.org/BACPAC
3. Stop Bullying Now from the U.S. government: <http://stopbullying.gov>

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