



## Managing modern twilight zones: responding to cyber behaviours 24/7

### Abstract:

This presentation will explore the challenges for schools with respect to cyberbullying, which often occur away from school but affect students attending school.

Research has shown that cyberbullying occurs in Australian schools at least as often as in other countries, and that some 8 – 9-year-olds have had that experience. We will examine some of the reasons why students may cyberbully others and theories of Alfred Adler and William Glasser will be applied to understand the motivation for such behaviors. Findings from an Australian study will be discussed, as they have important implications for school strategies to combat this problem.

The presentation will then move to the role of educators and will suggest specific strategies that educators can apply for prevention and intervention. Principles from Reality Therapy and Brief Solution-Focused are presented as possible approaches to help both bullies and victims.

A scheme for selecting appropriate interventions will be presented.

### Key messages:

1. Educators will be aware of various strategies for cyberbullying prevention and intervention and will understand guidelines for selecting the best strategy for each situation.
2. Parents need to gain a deeper understanding of cyberbullying and learn strategies to help their children navigate the twilight zone of the digital world.
3. Youth can make a difference and can have a positive impact on the challenge of cyberbullying.