Cyberbullying: The New Phenomenon

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Abstract

The purpose of this study was to investigate computer and cell phone usages among college females, as well as their involvement in traditional and cyberbullying. It was hypothesized that college females with higher Internet and cell phone usages, and involvement with other forms of bullying behaviors will be significantly more likely to report being cyberbullied. Undergraduate females were asked to complete a Cyberbullying Questionnaire, which was used to measure what methods were used in bullying. Participants were also be asked to complete an Internet Experiences Questionnaire for the purpose of measuring the frequency in which cyberbullying is occurring. This provides valuable information on the new and recent phenomenon of cyberbullying among female college students.

Keywords: Cyberbullying Questionnaire, Internet Experiences Questionnaire, cyberbullying, cyberstalking
Cyberbullying, or using electronic technologies in order to bully another person, or a group of people, is becoming more common among youth today. Traditional bullying, which is the name given to bullying outside the home, either physically through pushing, or verbally, through name-calling, is no longer the only method of how to bully an individual. The term “cyberbully” is used to describe the individual(s) administering bullying via electronic devices. Dehue, Bolman, and Vollink (2008) found that 22% of students were bullied either traditionally or electronically, at least once within the past school year. This finding suggests that there is a common trend or trends that lead to cyberbullying, and it needs to be explored further. According to Lenhart and Madden; as cited in Dempsey, Sulkowski, Nichols, and Storch (2009), “these findings indicate that, as children, and adolescents become increasingly familiar with navigating cyberspace, it will be important to recognize cyber victimization as a unique phenomenon that youth may encounter…” (p. 969).

One of the biggest differences between traditional bullying and cyberbullying is that the victim of traditional bullying can go home and get away from it all. With cyberbullying, as long as an individual has either a cell phone or computer, they can still be bullied. Dooley, Pyzalski, and Cross (2009) describe cyberbullying as its own phenomenon because someone can be victimized day or night. Dooley et al. (2009) also stated that cyberbullying results in a power imbalance, where the victim has even less power than he or she would have in traditional bullying. With traditional bullying, a victim can predict when they are going to be bullied (e.g. at school or on the playground);
however, with cyberbullying, the victim does not know when they are going to be bullied, or how (e.g. cell phone, computer), which leads to feeling even more powerless.

Additionally, the anonymity of cyberbullying has made it more popular than traditional bullying (Dooley, et al., 2009). Anderson and Sturm (2007) indicated that cyberbullying has become so popular because adults are usually unable to trace the harassment back to someone, and are therefore unable to stop it.

Along with cyberbullying is the idea of cyberstalking. Cyberstalking includes many different components. As cited in Sheridan & Grant (2007) cyberstalking includes seeking and compiling information on the victim in order to harass, threaten and intimidate the victim online or offline; repeated unsolicited e-mailing and Instant Messaging; electronic sabotage such as spamming and sending viruses to the target; identity theft; subscribing the victim to services; purchasing goods and services in the victim’s name; impersonating another online; sending or posting hostile material, misinformation and false messages; and, tricking other Internet users into harassing or threatening a victim (Burgess & Baker, 2002; Finn, 2004; McGrath & Casey, 2002; Spitzberg & Hoobler, 2002). There is a distinction between cyberbullying and cyberstalking, as well as an age difference. Cyberbullying is usually done among teenagers and young adults, whereas cyberstalking is usually seen to happen among older adults.

Although cyberbullying is a more recent phenomenon, there are a couple of theories that have come about during research. According to the routine-activities theory of victimization, the likelihood of being bullied, either through cyberbullying or traditionally bullying, depends on the individual’s lifestyle (Mesch, 2009). From one’s
lifestyle, there are several factors that could determine if they are at risk of being bullied. If an individual’s lifestyle is one that consists of frequent, online activity, especially on social networking sites, he or she is at an increased likelihood of being the victim of bullying. Additionally, within the routine-activities theory consists the idea of guardianship or the presence of another person. Mesch (2009) stated that just the presence of an additional person, that is on your side, such as a parental figure who is monitoring Internet usage, might result in either less bullying, or no bullying actions at all.

Researchers have proposed many factors that can increase the likelihood of an individual being bullied either traditionally or electronically. These factors range from home-based characteristics, to gender, and include a wide variety of instances that could facilitate cyberbullying. For instance, Gradinger, Strohmeier, and Speil (2009) found that being a victim of traditional bullying at school had a strong correlation with being a victim of cyberbullying, and those who were labeled as bullies at school, were often the victims of bullying through the Internet as well as text messaging.

In addition, research suggests that being a cyberbully will increase the likelihood of also being an online victim. Schultze-Krumholz and Scheithauer (2009) found that 58.7% of their adolescent participants reported that they were cyberbullies, as well as cybervictims. It has also been found that girls, as well as individuals whose parents held a higher degree of education were more likely to be victims of cyberbullying (Mesch, 2009).

The increase in technology usage today has drastically changed over the last few years. A study done by the UCLA Center for Communication Policy (2003) found that
“97% of individuals 12-18 years that were surveyed, used the Internet at least once a week and many youth had access to other electronic devices…” (Raskauskas and Stoltz, 2007, p. 564) that could be used as forms to bully. Mesch (2009) found that adolescent participants who reported higher computer and cell phone usages, as well as individuals who had active social networking profiles, were more likely to be victims of cyberbullying. Ybarra and Mitchell (2004) found that the more time spent on the Internet, especially on social networking sites, increases the likelihood of being a victim of cyberbullying. Other research has indicated that where a computer is located in the house has played an important role in computer usage, which ultimately had an effect on how likely an adolescent was to be bullied (Livingstone; as cited in Mesch, 2009). Specifically, research has found that adolescents, whose computers were in their bedrooms, were more likely to be cyberbullied, as opposed to computers that were in common rooms of the house. It is more difficult for parents to monitor computer usage when the computer is in the adolescent’s bedroom, and therefore, that adolescent is more likely to be a victim of cyberbullying.

Due to cyberbullying being a fairly recent phenomenon, there have been few studies done that examine the risk factors for being a victim of cyberbullying. Studies have indicated that high school females are more likely to participate in cyberbullying than males (Mesch, 2009; Dehue et al., 2008; and Dempsey et al., 2009). Furthermore, there has not been much research done on college females, which will be the target population to this study. The hypothesis of the present study is: College females with higher Internet and cell phone usages, and involvement with other forms of bullying behaviors will be significantly more likely to report being cyberbullied than college
females with lower Internet and cell phone usages, and less involvement with other forms of bullying. It is also hypothesized that of those college females that have been cyberbullied, that they will be more likely than college females that have not be cyberbullied, to be cyberstalked.

Method

Participants

The researchers obtained data from female college students at the College of Saint Elizabeth. Student volunteers were selected from the undergraduate population in psychology classes, first year seminar classes, as well as throughout the campus, in order to obtain the greatest sample size possible. Male students were excluded from this survey because prior studies have indicated that females are more likely to participate in bullying (Mesch, 2009; Dehue et al., 2008; and Dempsey et al., 2009). Individuals under the age of eighteen were also be excluded from this study, due to the limited time frame for obtaining parental consent.

Materials

The demographic questionnaire (Appendix B) asked participants their age, grade level, race/ethnicity, living situation, as well as information regarding their use of electronic devices. Electronic device usage was measured by the number of hours of Internet and cell phone uses per day.

The informed consent document (Appendix A) provided information regarding participation in the study. An explanation of the study, as well as risks and benefits of participation were also discussed in the informed consent document. In the event that a
participant had questions or concerns regarding this study, contact information was also provided. The informed consent document was distributed prior to the study, and was collected separately from the study materials.

For this study, participants completed a Cyberbullying Questionnaire (Appendix C), which took 15-20 minutes to complete, and consisted of an eighty-eight multiple choice item questionnaire, with seven different sub-categories (text messaging, mobile phone calling, picture/video, e-mail, chat room, instant messaging, and website). The Cyberbullying Questionnaire also had some questions where the participant can go into more detail about the question being asked. The overall purpose of using the Cyberbullying Questionnaire for this study was so researchers could examine the overall methods used in cyberbullying, and how participants felt about those methods.

Participants in the study were also asked to complete a portion and revision of an Internet Experiences Questionnaire (Appendix D). The Internet Experiences Questionnaire was originally designed using the basis of other questionnaires for a study measuring the involvement in traditional and electronic bullying among adolescents (Finkelhor et al., 2000; Maxwell, 2001; as cited in Raskauskas and Stolz, 2007). The Internet Experience Questionnaire is a self-report questionnaire that consists of yes/no questions, and Likert-type scales. The questionnaire asked basic information; such as what electronic devices an individual has access to, and more specific questions, such as the method of electronic bullying. For this particular study, the use of this measure provided the frequency in which cyberbullying had occurred over the past few months. This questionnaire also measured whether or not a parent or legal guardian monitors the participant’s computer usage.
The debriefing form (Appendix E) contains an explanation of the procedures, hypothesis, and additional resources for participants, and was given to participants at the completion of the survey.

Design and Procedure

This study is a 2x2x2 factorial between groups design. Electronic device usage, parental mediation, and involvement in traditional and cyberbullying are independent variables and the frequency of being cyberbullied is the dependent variable.

Once participants read, verbally listened to, and signed the informed consent form, forms were collected and placed in a specific box for informed consent forms only. Students were then distributed a manila envelope, and were reminded that all information was confidential and anonymous. Each manila envelope contained a demographic questionnaire (Appendix A), the Cyberbullying Questionnaire (Appendix C), and Internet Experiences Questionnaire (Appendix D). Once students were instructed to open the envelope, they were asked to complete all the documents in the folder. Depending on the participant, the survey took between 15-20 minutes to complete. Once they were finished, students were instructed to put all materials back into the manila envelope, and the researcher collected them. Upon collection of the envelopes, the research also distributed the debriefing form (Appendix E), and instructed the students to keep it out. The manila envelopes of the completed survey were then placed in a separate box from the informed consents. Once all envelopes were collected, the researcher verbally debriefed the students, and advised them to keep the debriefing form for future reference. The debriefing form contained contact information for the participant to contact in the
event of any emotional distress after their participation. After the debriefing session was over, the researcher returned both boxes to the psychology department, where they were kept, unmarked, in separate locked offices. The hypotheses in this study were analyzed using a factorial ANOVA for the independent and dependent variables.

Results

Participants

At the beginning of this study, a sample size of 100 undergraduate, female college students, at the College of Saint Elizabeth was to be obtained. Upon analysis of the results, 102 undergraduate, female college students, at the College of Saint Elizabeth were obtained. The age ranged from 18 years of age to 24 years of age, with a mean age of 19.97. Of the students surveyed, the greatest age group were students aged 18 and 19 with a 24.5% percentage for each age, and a frequency of 25 for each group. The lowest age group recorded was the age of 23, with a percentage of 2.9% and a frequency of 3.

<table>
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<th>Minimum</th>
<th>Maximum</th>
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<td>1.709</td>
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</tbody>
</table>

Participants came from a variety of college levels at the school. The most prominent level of students that participated in the study were freshmen, with a frequency of 44 and a percentage of 43.1%. The lowest level of students that completed the survey were juniors, with a frequency of 13 and a percentage of 12.7%.
Students were also asked the ethnicity in which they describe themselves as, for the sole purpose of demographics. The highest percentage of students that participated in this study were Caucasian (Non-Hispanic) with a frequency of 54 and a percentage of 52.9%. The lowest amount of students in this study indentified themselves as Asian or Pacific Islander with a frequency of 1 and a percentage of 1%. 

<table>
<thead>
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<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
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<td>23</td>
<td>3</td>
<td>2.9</td>
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<th>Valid Percent</th>
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<td>43.1</td>
<td>43.1</td>
<td>43.1</td>
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<tr>
<td>Sophomore</td>
<td>14</td>
<td>13.7</td>
<td>13.7</td>
<td>56.9</td>
</tr>
<tr>
<td>Junior</td>
<td>13</td>
<td>12.7</td>
<td>12.7</td>
<td>69.6</td>
</tr>
<tr>
<td>Senior</td>
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<td>30.4</td>
<td>30.4</td>
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</tr>
<tr>
<td>Valid</td>
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</tr>
<tr>
<td>African American (Non-Hispanic)</td>
<td>35</td>
<td>34.3</td>
<td>34.3</td>
<td>34.3</td>
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<tr>
<td>Hispanic (Latino)</td>
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<td>9.8</td>
<td>9.8</td>
<td>44.1</td>
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<td>54</td>
<td>52.9</td>
<td>52.9</td>
<td>97.1</td>
</tr>
<tr>
<td>Asian or Pacific Islander</td>
<td>1</td>
<td>1.0</td>
<td>1.0</td>
<td>98.0</td>
</tr>
<tr>
<td>Other (including bi-racial)</td>
<td>2</td>
<td>2.0</td>
<td>2.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

**Discussion**

The intentions of this study were to find out if individuals that were being traditionally bullied were also being cyberbullied. The results of this study do not show a correlation between those individuals who have been bullied in the past couple of months, to individuals that were cyberbullied. Of the individuals of this study, 29.3% of participants had been bullied in the past couple of months (22.5% once or twice, 2.9% 2 or 3 times a month, 1% about once a week, and 2.9% several times a week). Of the individuals who reported being cyberbullied, only 7.9% reported it (5.9% once or twice, and 1% 2 or 3 times a week or several times a week). Some interesting findings we reported during the Cyberbullying Questionnaire; when asked to what degree individuals felt different electronic devices had on the bullied victim, there were very different results. The table below summarizes all the data on these questions. For cyberbullying via e-mail, 8.8% of participants felt that it had less of an effect on a victim, for cyberbullying via chat rooms, 14.7% of participants felt that it had less of an effect on a
victim, for cyberbullying via instant messaging, 12.7% of participants felt that it had less of an effect on a victim, and for cyberbullying via web sites and web pages, 5.9% of participants felt that it had less of an effect on a victim.

<table>
<thead>
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<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
</tr>
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<td><strong>E-Mail</strong></td>
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<tr>
<td>Valid Has less of an effect on the victim</td>
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<td>8.8</td>
<td>8.8</td>
<td>8.8</td>
</tr>
<tr>
<td>Has the same effect on the victim</td>
<td>50</td>
<td>49.0</td>
<td>57.8</td>
<td></td>
</tr>
<tr>
<td>Has more of an effect on the victim</td>
<td>25</td>
<td>24.5</td>
<td>82.4</td>
<td></td>
</tr>
<tr>
<td>Don’t know</td>
<td>18</td>
<td>17.6</td>
<td>100.0</td>
<td></td>
</tr>
<tr>
<td><strong>Chat Room</strong></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valid Has less of an effect on the victim</td>
<td>15</td>
<td>14.7</td>
<td>14.7</td>
<td>14.7</td>
</tr>
<tr>
<td>Has the same effect on the victim</td>
<td>49</td>
<td>48.0</td>
<td>62.7</td>
<td></td>
</tr>
<tr>
<td>Has more of an effect on the victim</td>
<td>20</td>
<td>19.6</td>
<td>82.4</td>
<td></td>
</tr>
<tr>
<td>Don’t know</td>
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<td>100.0</td>
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<tr>
<td><strong>Instant Messaging</strong></td>
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<tr>
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<td>12.7</td>
<td>12.7</td>
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<td>Has the same effect on the victim</td>
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<tr>
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<tr>
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<td>16.7</td>
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Another interesting finding was the fact that many individuals (25.5%) that have been cyberbullied, described being cyberbullied via text messaging, something that is different from instant messaging, and was not asked in the *Cyberbullying Questionnaire*. On the Internet *Experiences Questionnaire*, 2% of our undergraduate college females reported having parental monitoring on their computer usage. Also during this questionnaire, 87.3% of participants reported having a social networking site, with many indicating that they had more than 3 social networking sites.
Of the participants in this study that have been cyberbullied, either via text messaging, Internet, or via picture phone, 24.5% of them said that it has effected them in some way, with many individuals indicating that, on some level, it makes them feel insecure about themselves.

Limitations

Like many studies, this study did have some limitations to it. For starters, the study was conducted at an all women’s college, and further surveys might want to conduct research at a co-ed college and see if any of the answers change significantly. Due to the survey being a questionnaire, it was very difficult for students who might have had a question regarding the survey, or wanted to explain their answers. Lastly, the questionnaire took between 10-15 minutes to complete, and some students might have grown tired after a while, and not have responded accurately. Some student might have also lied on the questionnaire, especially when asked if they have bullied another person. Some students, specifically in psychology classes, were given extra credit for partaking in the study, which might have influenced the participants for complete the study correctly.
References


Appendix A

*Informed Consent Form*

**Psychology Department**

2 Convent Road, Morristown, New Jersey 07960-6989

1 of 2

Informed Consent Form

**Researchers:** Nikki Lacherza and Dr. Richard Conti

**Please read the following information before deciding to participate in this study.** This document contains information concerning the purpose of this study, the method, and possible risks and benefits that may result due to your participation.

**Explanation of Procedures:** If you choose to participate, you will first be asked to anonymously complete a demographic questionnaire, which asks for your age, grade level, race/ethnicity, your current living situation, and your daily usage of electronic devices. After completing the questionnaire, you will be asked to complete a survey regarding different types of bullying behaviors, and your perceptions of bullying.

**Risks:** This study may pose some risks. When answering questions, participants might become aware of situations in which there has been involvement in some type of bullying. These questions might make participants recall memories that may cause some emotional distress. If you feel any emotional distress and do not wish to continue with the questions, you may stop at any time. *Participation is completely optional and voluntary.*

**Benefits:** In this study, we hope to gain a better understanding of bullying behavior and experiences.

**Anonymity:** Information collected for this study is completely anonymous. You are not to put your name on any of the questionnaires or materials given to you. All information collected during this study will be kept in a locked filing cabinet and will be any and all data collected with be destroyed and shredding after the research is complete.

**Participation:** Participation in this study is completely voluntary. If at any time you do not feel comfortable or would like to terminate your participation, you may do so without any consequences to you. If you decide to terminate your participation, any information you have already filled out will be destroyed by shredding the documents.
New Findings: Any significant new findings that develop during the course of this research study that will affect your participation will be provided to you by the researchers.

Compensation and/or Cost to Participant for Involvement in Research: There is no cost to you, nor is there payment to you for participation in the study. Any unforeseen additional costs are the responsibility of the researchers and NOT the responsibility of the College of St. Elizabeth.

Contact Information: If you have questions at any time about the study, you may contact the researchers, Nikki Lacherza at nlacherza@cse.edu, or Dr. Richard Conti, Department of Psychology, at rconti@cse.edu or by calling (973) 290-4102. This proposal was approved by the College of Saint Elizabeth Institutional Review Board. The chairperson is Dr. Louise Murray (973)-290-4104.

The College of Saint Elizabeth
2 Convent Road
Morristown, NJ 07960

Consent:

I have read this consent form (or it has been read to me), and I fully understand the contents of this document and voluntarily consent to participate. If I need additional information regarding my rights as a subject, I know to contact Dr. Louise Murray, Chair, College of St. Elizabeth Institutional Review Board at (973) 290-4430 or at lmurray@cse.edu.

Participant’s Signature: _______________________________ Date: ________

Participant’s Name (Printed): ____________________________
Appendix B

Demographic Questionnaire

Please answer the following questions as accurately as you can.

1. AGE: _____

2. Grade Level:
   Freshmen _____
   Sophomore _____
   Junior _____
   Senior _____

3. RACE/ETHNICITY (please check one):
   Asian (including Indian Subcontinent): _____
   African American (Non-Hispanic): _____
   Hispanic (Latino): _____
   Caucasian (Non-Hispanic): _____
   Asian or Pacific Islander: _____
   Other: _____________________________

4. What is your current living situation? (Please check all that apply)
   Single Parent Home _____ Two-Parent Home _____ Dormitory _____
   Siblings _____ Apartment Alone _____ Apartment with Roommate(s) _____

5. On average, how many hours a day do you spend using electronic devices?
   Less than 1 _____ 1-2 _____ 3-4 _____ 5-6 _____ 7-8 _____ 9 or more _____
Appendix C

*Cyberbullying Questionnaire*

Most of the questions are about **your life in and out of school in the past 2 or 3 months**. So when you answer, you should think of how it has been during the past couple of months and **not only how it is just now**. Before we start with questions about bullying, we will first define or explain the word bullying. We say a student is being bullied when another student, or several other students:

- say mean and hurtful things or make fun of him or her and call him or her mean and hurtful names.
- completely ignore or exclude him or her from their group of friends or leave him or her out of things on purpose.
- hit, kick, push, shove around, or lock him or her inside a room.
- tell lies or spread false rumors about him or her or send mean notes and try to make other students dislike him or her.

When we talk about bullying, these things happen repeatedly, and it is difficult for the student being bullied to defend himself or herself. We also call it bullying, when a student is teased repeatedly in a mean and hurtful way. But we don’t call it bullying when the teasing is done in a friendly and playful way. Also, it is not bullying when two students of about equal strength or power argue or fight.

**Today, we would like to look at a special kind of bullying: Cyberbullying. This includes bullying**

- through text messaging
- through pictures/photos or video clips
- through phone calls
- through email
- in chat rooms
- through instant messaging
- through websites

Bullying can happen through text messages/pictures/clips/email/messages etc **sent to you**, but also when text messages/pictures/clips/email/messages etc **are sent to others about you**.

1. Have you been bullied in the past couple of months (any kind of bullying, including cyberbullying)?
   - _____ I haven’t been bullied in the past couple of months
   - _____ It has only happened once or twice
   - _____ 2 or 3 times a month
   - _____ About once a week
   - _____ Several times a week
2. How often have you been cyberbullied in the past couple of months?
   _____ I haven’t been cyberbullied in the past couple of months
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week

3. How often have you cyberbullied others in the past couple of months?
   _____ I haven’t cyberbullied in the past couple of months
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week

**Email Bullying**

4. How often have you been bullied through email in the past couple of months **in school**?
   _____ I haven’t been bullied through emails in the past couple of months in school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ______________

5. How often have you been bullied through email in the past couple of months **outside of school**?
   _____ I haven’t been bullied through emails in the past couple of months outside of school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ______________

6. Have you bullied others through email in the past couple of months **in school**?
   _____ I haven’t bullied through email in the past couple of months in school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ______________
7. Have you bullied others through email in the past couple of months outside of school?
   _____I haven’t bullied through email in the past couple of months outside of school
   _____It has only happened once or twice
   _____2 or 3 times a month
   _____About once a week
   _____Several times a week
   _____Other: ______________

8. Have you heard of bullying taking place through email in your school or circle of friends in the past couple of months?
   _____Yes
   _____No

9. Do you think email bullying compared to “normal, traditional, conventional” bullying...
   _____Has less of an effect on the victim
   _____Has the same effect on the victim
   _____Has more of an effect on the victim
   _____Don’t know
   *Reason : _____________________________________________________________

10. In which classes is the student or students who bully/bullies you through emails?
    _____I haven’t been bullied through email in the past couple of months
    _____In my class
    _____In a different class but same grade/year
    _____In a higher grade
    _____In a lower grade
    _____In different grades
    _____Not in my school
    _____I do not know who sends me those emails

11. In which classes is the student or students who you bully through emails?
    _____I haven’t bullied through email in the past couple of months
    _____In my class
    _____In a different class but same grade/year
    _____In a higher grade
    _____In a lower grade
    _____In different grades
    _____Not in my school
12. Have you been bullied through email by boys or girls?
   _____ I haven’t been bullied through email in the past couple of months
   _____ Mainly by one girl
   _____ By several girls
   _____ Mainly by one boy
   _____ By several boys
   _____ By both boys and girls
   _____ I do not know who sends me those emails

13. Have you bullied boys or girls through email?
   _____ I haven’t bullied through email in the past couple of months
   _____ Girls
   _____ Boys
   _____ Both boys and girls

14. By how many students have you usually been bullied through emails?
   _____ I haven’t been bullied through email in the past couple of months
   _____ Mainly by one student
   _____ By a group of 2-3 students
   _____ By a group of 4-9 students
   _____ By a group of more than 9 students
   _____ By several different students or groups of students
   _____ I do not know who sends me those emails

15. With how many students do you typically engage in bullying through emails?
   _____ I haven’t bullied through email in the past couple of months
   _____ Mainly by myself
   _____ With one other person
   _____ With a group of 2-4
   _____ With a group of 5 or more

16. How long has the bullying by email lasted?
   _____ I haven’t bullied or been bullied through email in the past couple of months
   _____ It lasted one or two weeks
   _____ It lasted about a month
   _____ It has lasted about six months
   _____ It has gone on for several years
17. Have you told anyone (that you have been bullied or bullied others through email)?
   _____ I haven’t bullied or been bullied through email in the past couple of months
   _____ Your class teacher
   _____ Another adult at school
   _____ Your parents/guardians
   _____ Your friends
   _____ Someone else: ______________
   _____ I have told nobody

**Chat room Bullying**
18. How often have you been bullied in chat rooms in the past couple of months in school?
   _____ I do not use chat rooms
   _____ I haven’t been bullied in chat rooms in the past couple of months in school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: __________________

19. How often have you been bullied in chat rooms in the past couple of months outside school?
   _____ I do not use chat rooms
   _____ I haven’t been bullied in chat rooms in the past couple of months outside of school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: __________________

20. Have you bullied others in chat rooms in the past couple of months in school?
   _____ I do not use chat rooms
   _____ I haven’t bullied in chat rooms in the past couple of months in school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: __________________
21. Have you bullied others in chat rooms in the past couple of months outside of school?
   ____ I do not use chat rooms
   ____ I haven’t bullied in chat rooms in the past couple of months outside of school
   ____ It has only happened once or twice
   ____ 2 or 3 times a month
   ____ About once a week
   ____ Several times a week
   ____ Other: __________________

22. Have you heard of bullying taking place in chat rooms in your school or circle of friends in the past couple of months?
   ____ Yes
   ____ No

23. Do you think bullying in chat rooms compared to “normal, traditional, conventional” bullying?
   ____ Has less of an effect on the victim
   ____ Has the same effect on the victim
   ____ Has more of an effect on the victim
   ____ Don’t know
   *Reason: ______________________________________________________________

24. In which classes is the student or students who bully you in chat rooms?
   ____ I haven’t been bullied in chat rooms in the past couple of months
   ____ In my class
   ____ In a different class but same grade/year
   ____ In a higher grade
   ____ In a lower grade
   ____ In different grades
   ____ Not in my school
   ____ I do not know who sends me those messages

25. In which classes is the student or students who you bully in chat rooms?
   ____ I haven’t bullied in chat rooms in the past couple of months
   ____ In my class
   ____ In a different class but same grade/year
   ____ In a higher grade
   ____ In a lower grade
   ____ In different grades
   ____ Not in my school
   ____ I do not know who sends me those messages
26. Have you been bullied in chat rooms by boys or girls?
   _____I haven’t been bullied in chat rooms in the past couple of months
   _____Mainly by one girl
   _____By several girls
   _____Mainly by one boy
   _____By several boys
   _____By both boys and girls
   _____I do not know who sends me those messages

27. Have you bullied boys or girls in chat rooms?
   _____I haven’t bullied in chat rooms in the past couple of months
   _____Girls
   _____Boys
   _____Both boys and girls

28. By how many students have you usually been bullied in chat rooms?
   _____I haven’t been bullied in chat rooms in the past couple of months
   _____Mainly by one student
   _____By a group of 2-3 students
   _____By a group of 4-9 students
   _____By a group of more than 9 students
   _____By several different students or groups of students
   _____I do not know who sends me those messages

29. With how many students do you typically engage in bullying in chat rooms?
   _____I haven’t bullied in chat rooms in the past couple of months
   _____Mainly by myself
   _____With one other person
   _____With a group of 2-4
   _____With a group of 5 or more

30. How long has the bullying in chat rooms lasted?
   _____I haven’t bullied or been bullied in chat rooms in the past couple of months
   _____It lasted one or two weeks
   _____It lasted about a month
   _____It has lasted about six months
   _____It has gone on for several years
31. Have you told anyone (that you have been bullied or bullied others in chat rooms)?
   _____ I haven’t bullied or been bullied in chat rooms in the past couple of months
   _____ Your class teacher
   _____ Another adult at school
   _____ Your parents/guardians
   _____ Your friends
   _____ Someone else: ______________
   _____ I have told nobody

**Instant Messaging Bullying**

32. How often have you been bullied through instant messaging in the past couple of months **in school**?
   _____ I do not use instant messaging
   _____ I haven’t been bullied through instant messaging in the past couple of months in school.
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ______________

33. How often have you been bullied through instant messaging in the past couple of months **outside of school**?
   _____ I do not use instant messaging
   _____ I haven’t been bullied through instant messaging in the past couple of months outside of school.
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ______________

34. Have you bullied others through instant messaging in the past couple of months **in school**?
   _____ I do not use instant messaging
   _____ I haven’t bullied through instant messaging in the past couple of months in school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ______________
35. Have you bullied others through instant messaging in the past couple of months outside of school?
   _____ I do not use instant messaging
   _____ I haven’t bullied through instant messaging in the past couple of months outside of school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ____________________________

36. Have you heard of bullying taking place through instant messaging in your school or circle of friends in the past couple of months?
   _____ Yes
   _____ No

37. Do you think instant messaging bullying compared to “normal, traditional, conventional” bullying?
   _____ Has less of an effect on the victim
   _____ Has the same effect on the victim
   _____ Has more of an effect on the victim
   _____ Don’t know
   *Reason: ____________________________________________________________

38. In which classes is the student or students who bully/bullies you through instant messaging?
   _____ I do not use instant messaging
   _____ I haven’t been bullied through instant messaging in the past couple of months
   _____ In my class
   _____ In a different class but same grade/year
   _____ In a higher grade
   _____ In a lower grade
   _____ In different grades
   _____ Not in my school
   _____ I do not know who sends me those messages

39. In which classes is the student or students who you bully through instant messaging?
   _____ I do not use instant messaging
   _____ I haven’t bullied through instant messaging in the past couple of months
   _____ In my class
   _____ In a different class but same grade/year
   _____ In a higher grade
   _____ In a lower grade
   _____ In different grades
   _____ Not in my school
40. Have you been bullied through instant messaging by boys or girls?
   _____ I do not use instant messaging
   _____ I haven’t been bullied through instant messaging in the past couple of months
   _____ Mainly by one girl
   _____ By several girls
   _____ Mainly by one boy
   _____ By several boys
   _____ By both boys and girls
   _____ I do not know who sends me those messages

41. Have you bullied boys or girls through instant messaging?
   _____ I do not use instant messaging
   _____ I haven’t bullied through instant messaging in the past couple of months
   _____ Girls
   _____ Boys
   _____ Both boys and girls

42. By how many students have you usually been bullied through instant messaging?
   _____ I do not use instant messaging
   _____ I haven’t been bullied through instant messaging in the past couple of months
   _____ Mainly by one student
   _____ By a group of 2-3 students
   _____ By a group of 4-9 students
   _____ By a group of more than 9 students
   _____ By several different students or groups of students
   _____ I do not know who sends me those messages

43. With how many students do you typically engage in bullying through instant messaging?
   _____ I do not use instant messaging
   _____ I haven’t bullied through instant messaging in the past couple of months
   _____ Mainly by myself
   _____ With one other person
   _____ With a group of 2-4
   _____ With a group of 5 or more

44. How long has the bullying through instant messaging lasted?
   _____ I do not use instant messaging
   _____ I haven’t bullied or been bullied through instant messaging in the past couple of months
   _____ It lasted one or two weeks
   _____ It lasted about a month
   _____ It has lasted about six months
   _____ It has gone on for several years
45. Have you told anyone (that you have been bullied or bullied others through instant messaging)?
   _____ I do not use instant messaging
   _____ I haven’t bullied or been bullied through instant messaging in the past couple of months
   _____ Your class teacher
   _____ Another adult at school
   _____ Your parents/guardians
   _____ Your friends
   _____ Someone else: ____________________
   _____ I have told nobody

**Website Bullying** (for example: setting up a negative website about someone, revealing personal details, etc).
46. How often have you been bullied through websites in the past couple of months **in school**?
   _____ I haven’t been bullied through websites in the past couple of months in school.
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ______________

47. How often have you been bullied through websites in the past couple of months **outside of school**?
   _____ I haven’t been bullied through websites in the past couple of months outside of school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ______________

48. Have you bullied others through websites in the past couple of months **in school**?
   _____ I haven’t bullied through websites in the past couple of months in school
   _____ It has only happened once or twice
   _____ 2 or 3 times a month
   _____ About once a week
   _____ Several times a week
   _____ Other: ______________
49. Have you bullied others through websites in the past couple of months outside of school?
   _____I haven’t bullied through websites in the past couple of months outside of school
   _____It has only happened once or twice
   _____2 or 3 times a month
   _____About once a week
   _____Several times a week
   _____Other: ______________

50. Have you heard of bullying taking place through websites in your school or circle of friends in the past couple of months?
   _____Yes
   _____No

51. Do you think website bullying compared to “normal, traditional, conventional” bullying?
   _____Has less of an effect on the victim
   _____Has the same effect on the victim
   _____Has more of an effect on the victim
   _____Don’t know
   *Reason: _______________________________________________________

52. In which classes is the student or students who bully/bullies you through websites?
   _____I haven’t been bullied through websites in the past couple of months
   _____In my class
   _____In a different class but same grade/year
   _____In a higher grade
   _____In a lower grade
   _____In different grades
   _____Not in my school
   _____I do not know who set up the website

53. In which classes is the student or students who you bully through websites?
   _____I haven’t bullied through websites in the past couple of months
   _____In my class
   _____In a different class but same grade/year
   _____In a higher grade
   _____In a lower grade
   _____In different grades
   _____Not in my school
54. Have you been bullied through websites by boys or girls?
   _____ I haven’t been bullied through websites in the past couple of months
   _____ Mainly by one girl
   _____ By several girls
   _____ Mainly by one boy
   _____ By several boys
   _____ By both boys and girls
   _____ I do not know who set up the website

55. Have you bullied boys or girls through websites?
   _____ I haven’t bullied through websites in the past couple of months
   _____ Girls
   _____ Boys
   _____ Both boys and girls

56. By how many students have you usually been bullied through websites?
   _____ I haven’t been bullied through websites in the past couple of months
   _____ Mainly by one student
   _____ By a group of 2-3 students
   _____ By a group of 4-9 students
   _____ By a group of more than 9 students
   _____ By several different students or groups of students
   _____ I do not know who set up the website

57. With how many students do you typically engage in bullying through websites?
   _____ I haven’t bullied through websites in the past couple of months
   _____ Mainly by myself
   _____ With one other person
   _____ With a group of 2-4
   _____ With a group of 5 or more

58. How long has the bullying through websites lasted?
   _____ I haven’t bullied or been bullied through websites in the past couple of months
   _____ It lasted one or two weeks
   _____ It lasted about a month
   _____ It has lasted about six months
   _____ It has gone on for several years
59. Have you told anyone (that you have been bullied or bullied others through websites)?
   _____ I haven’t bullied or been bullied through websites in the past couple of months
   _____ Your class teacher
   _____ Another adult at school
   _____ Your parents/guardians
   _____ Your friends
   _____ Someone else: ______________
   _____ I have told nobody

**Other forms of cyberbullying**
60. Are there any other forms of bullying you have experienced, involving the Internet or other electronic devices, which we have not mentioned?
   _____ No
   _____ Yes (please describe):
   __________________________________________________________________________
Appendix D

Internet Experiences Questionnaire

**Background:**

Which of the following electronic devices do you have access to? (Check all that apply)

- Computer with e-mail
- Cell phones with text messaging capabilities
- Cell phone with picture taking capabilities

Where is the computer you most frequently used located in your household?

- Your bedroom
- Common room (for example: living room, kitchen)

Do your parents or legal guardians monitor your computer usage?

- Yes
- No

Do you have a social networking profile?

- Yes
- No

If yes, please indicate which ones (check all that apply)

- Facebook
- Twitter
- Myspace
- Formspring
- Personal Website
- Other (please specify):

**Text-MESSAGE Bullying:**

During this school year have you ever been bullied through text messaging?

- Yes
- No

If yes, how many times did this occur?

0 1-2 3-5 6-10 11-15 16 or more

Did you know who was doing it?

- Yes
- No
**Internet Bullying:**

During this school year have you ever been bullied by someone creating a website about you, using your pictures on-line without permission, or creating forums, such as FormSpring or Facebook pages about you?

- Yes
- No

If yes, how many times did this occur?

- 0
- 1-2
- 3-5
- 6-10
- 11-15
- 16 or more

Did you know who was doing it?

- Yes
- No

**Picture Phone Bullying:**

During the school year have you ever been bullied by someone taking pictures of you with picture phones without permission and showing the pictures to others to embarrass you?

- Yes
- No

If yes, how many times did this occur?

- 0
- 1-2
- 3-5
- 6-10
- 11-15
- 16 or more

Did you know who was doing it?

- Yes
- No

If you have been bullied by text messaging, Internet, or picture phone, do you think that it has affected you?

- Yes
- No

If yes, how?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Did the cyberstalking escalate (e.g., to physical contact, etc)?

☐ Yes        ☐ No

If yes, how? (please check all that apply)

___ Watched or followed you from a distance, or spied on you with a listening device, camera or GPS.

___ Sent you unsolicited letters or written correspondence

___ Made unsolicited phone calls to you or left messages. This includes hang-ups, texts or voice messages.

___ Stood outside your home, school, workplace or recreation place

___ Showed up at places you were even though he or she had no business being there

___ Left unwanted items or presents for you to find

___ Tried to communicate with you in other ways against your will

___ Vandalized your property or something you loved

___ Posted information or spread rumors about you on the Internet, in a public place, or by word of mouth.

___ Sneaked into your home or car and did things to scare you by letting you know they had been there.
Appendix E

*Debriefing Form*

On behalf of the College of Saint Elizabeth, and the researchers in this study, we would like to thank you for your participation in this study. During the course of this study, you were asked to fill out demographic information about yourself and to answer questions about your behavior and lifestyle in regards to electronic devices. You were also asked to complete questionnaires, which asked you about your personal experiences and responses to bullying, as well as frequency and severity of bullying. You were also asked information regarding electronic devices background information, as well as some of the methods used in bullying situations.

This research study was designed to understand the relationship between Internet and cell phone usages, parental monitoring of computer use, and being cyberbullied among adolescent high school females. This study was also designed to understand better a potential relationship between traditional bullying and cyberbullying among college females. Past research has suggested that females are more likely than males to engage in bullying, whether that is traditional or cyberbullying. Research has also suggested that individuals that are involved in traditional bullying are also more likely to be involved in cyberbullying. In this study, researchers hypothesized that female college students who had higher Internet and cell phone usages, limited parental monitoring of computer use would be more likely to be involved in cyberbullying. Researchers also hypothesized the college females who were involved in traditional bullying, would be more likely to be involved in cyberbullying as well.
Thank you for your participation in this study, it is greatly appreciated, and will contribute to other research that is out there. We ask that you kindly not discuss your answers or the details of this study with anyone else that may be eligible. Prior knowledge of the questions can influence how participants may answer.

If you have any questions about this study, or would like more information about it, please feel free to contact the researchers, Nikki Lacherza at: nlacherza@cse.edu, or Dr. Richard Conti, Department of Psychology at: rconti@cse.edu.

If, at any time after your participation in this study you feel that you are suffering from emotional distress or psychological stress, please do not hesitate to contact your school’s guidance department. Also, please feel free to use other resources such as the National Bullying Hotline (866) SPEAK UP (773-2587). This hotline is designed to anonymously report any bullying, or to talk about being a victim of bullying. If you feel that you are in an emergency situation and need help right away, please dial 9-1-1 or go to your local emergency room.

Thank You.