

- Cyberbullying and Mindfulness



Community of Practice in  
Life Education and Positive Education

## Cyberbullying & Mindfulness

Date: 7 January 2021  
Time: 11am-12pm  
Venue: Online via Zoom



Register here!

Cyberbullying refers to intentionally harming others via electronic communication. A local study found that 68% of Hong Kong college students had been cyberbullied and 58% had bullied others. Victims of cyberbullying may suffer lower levels of personal and communal well-being. The high prevalence rates and significant adverse effects of cyberbullying have raised public concerns. As cyberbullying usually happens outside of the classroom, it is important to enable teachers to detect and intervene it. In this sharing session, the speakers will talk about the prevalence, predictors, consequences, protective factors, and intervention strategies of cyberbullying. The speakers will also introduce mindful coping as a way to reduce the adverse impact of cyberbullying and discuss the role of mindful parenting in supporting children with cyberbullying experiences. Lastly, the speakers will talk about a collection of learning and teaching materials related to cyberbullying and mindfulness gathered by the Community of Practice.

### Speakers



**Dr Chan Ka Shing Kevin**  
Head & Associate Professor  
Department of Psychology



**Dr Cheung Yuen Man Rebecca**  
Assistant Professor  
Department of Early Childhood Education



**Dr Leung Nga Man Angel**  
Assistant Professor  
Department of Psychology

*All are welcome!*

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