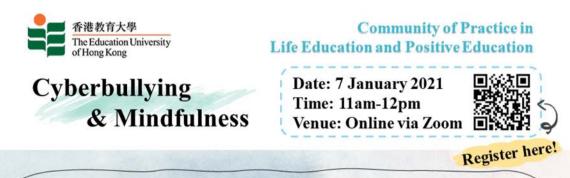
• Cyberbullying and Mindfulness



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 wellbeing. 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.



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

## Speakers



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!

