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Ryan's Story



Lessons Learned

- Underestimated the effect of emotional bullying
- Unmonitored use of social media
- The no secret passwords rule
- No go to adults besides us
- Needed much more than a pep talk
- Wristbands were hiding something

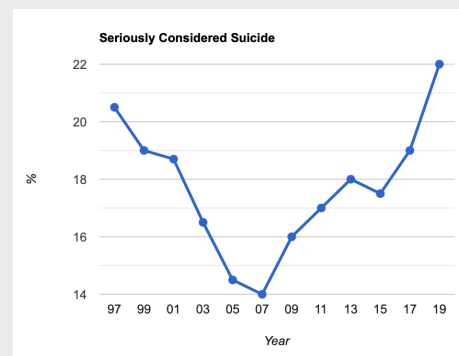
Bullying

- A repeated act intended to intimidate, humiliate or ridicule
- Methods: Physical, emotional and relational
- Exploits an imbalance of power
- The bully, the bullied and the bystander

Cyberbullying

- Bullying through the use of technology
- Often anonymous with no accountability
- Methods expand with every new device/app

YRBS Trend



The Suspect



Suggestions


- Put in place a smartphone use agreement
- No secret passwords from you
- Take advantage of Apple's Screen Time
- Apple Watch only is an option
- Consider not only age, but maturity too

Final Words

- The one common thread.
- What ever happened to the boy and girl?
- Forgiveness was my only option.
- Never too late to make adjustments/new rules!

RYAN'S STORY

Ryan's Story: A Father's Hard-Earned Lessons on Cyberbullying and Suicide, for adults, and *Ryan's Story: Loved Beyond Belief*, for middle and high school students, tell the heartbreaking story of Ryan Halligan's short life. Ryan was one of the first victims of cyberbullying as social media began to emerge. Both books include tips on safe technology use, strategies for targets of bullying and bystanders, and suicide prevention.

Ryan's Story is available for purchase on 



About the Authors



John P. Halligan is an international bullying prevention speaker who has presented to over 2,000 schools. John lost his thirteen-year-old son, Ryan, to suicide in 2003. Ryan was one of the first victims of cyberbullying as social media began to emerge as an opportunity for peers to bully from a distance behind a computer screen. In these two powerful books, John shares with the reader the heartbreaking story of Ryan's short life, including lessons about suicide prevention, the role of bystanders, the grace of forgiveness, and the power of apologies.

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Emily B. Dickson is a certified middle school counselor in Connecticut. She assists John in delivering clinically sound and practical advice based on her seventeen years of professional experience working with students in this age of social media. *Ryan's Story: Loved Beyond Belief*, for middle and high school students, will inspire students to make positive changes in their own lives and the lives of their fellow students. *Ryan's Story: A Father's Hard-Earned Lessons on Cyberbullying and Suicide* is an invaluable guidepost for parents, counselors, and teachers. Readers will learn not only how to deal with bullying and cyberbullying, but also how to make informed decisions regarding social media, technology use, and mental health.

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Ryan's Story Website

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