



# Ryan's Story

*A Father's Hard-Earned Lessons About  
Cyberbullying, Depression, and Suicide*

In dedication to Ryan  
December 18, 1989 - October 7, 2003

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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

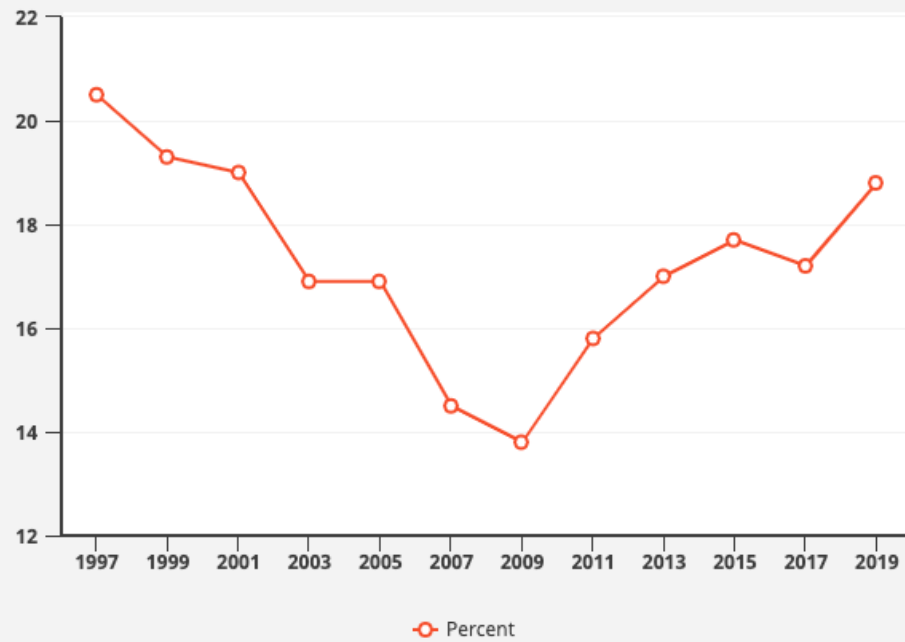
- A repeated act intended to intimidate, humiliate or ridicule
- Methods: Physical, emotional and relational
- Exploits an imbalance of power
- The bully, the bullied and the bystander

# Cyberbullying

- Bullying through the use of technology
- Often anonymous with no accountability
- Methods expand with every new device/app
- Texting, social media, websites, blogs, surveys, impersonation, Instagram, Twitter, Snapchat

# YRBS Trend

## Seriously Considered Suicide



CDC Youth Risk Behavior Survey

# Suicide

- The SECOND leading cause of death for ages 10-24
- Up 57.4% for ages 10-24 from 2007 to 2018
- Tripled for ages 10-14 from 2007 to 2017



# The Culprit

## iPhone

**ANNOUNCED:** Jan. 9, 2007

**RELEASED:** June 29, 2007

**KEY FEATURES:**

3.5-inch diagonal screen;  
320 x 480 pixels at 163 ppi;  
2-megapixel camera

**PRICE:** 4GB model, \$499;  
8GB version, \$599 (with  
a two-year contract)



# Suggestions

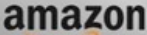
- Delay the phone, ideally past 8th grade
- Put in place a smartphone use agreement
- No secret passwords from you
- Employ monitoring and filtering software
- Take advantage of Apple's Screen Time
- Consider not only age, but maturity too

## 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 about 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

[www.Ryansstory.org](http://www.Ryansstory.org)

