

Cyberbullying, Addictions, Suicides: Pastoral Tools for Helping Young People

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What we are facing...



Today, many parents are overwhelmed and worried with young people's tremendous problem in cyberbullying, addictions and suicidal attempts...worsen by:

What we are facing...

1 *Economic insecurity*



2 *Competitive work conditions*



3 *Social media pressure*



4 *Climate change*



5 *Gap between faith, moral and life*



Cyberbullying

Cyberbullying is a GLOBAL problem with devastating impacts...

Criticism

Insults

Mockery

**These can be done anonymously*



Lead to anxiety, depression, loneliness, self-harm, suicidal attempts

The Taiwan Student Cyberbullying Survey indicated that...

2016

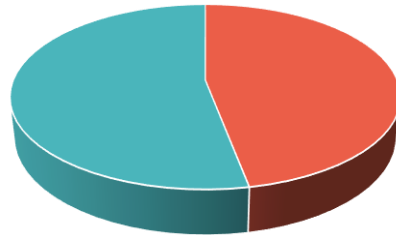
Cyberbullying Incidents in Children and Adolescents



■ Involved ■ Not Involved

2020

Cyberbullying Incidents in Children and Adolescents



■ Involved ■ Not Involved

+ 111%



Not limited to youngsters aged 10-24, young working professionals are also faced with similar challenges...

“Involution”



OR

“Lying Flat”



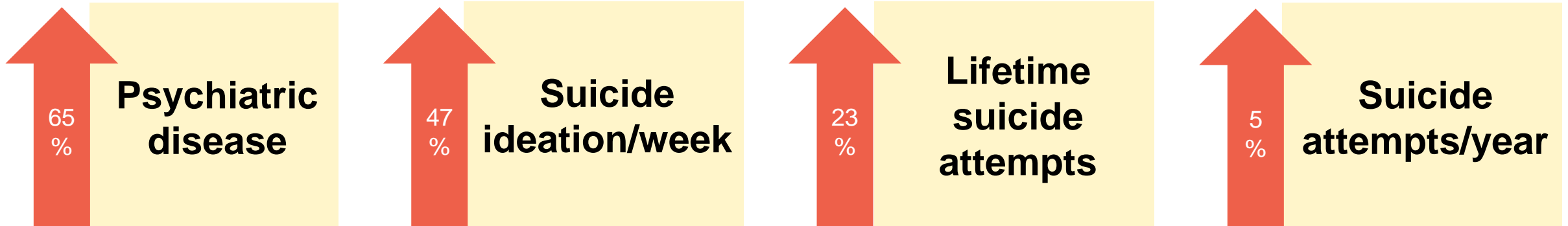
Addictions



Addictions to gaming and social networking have become a GLOBAL crisis...

and many others governments strived to restrict or regulate internet gaming and content shared on social networks for young adolescent users

Alarming trends



Cyber bullying + Addiction ➡ the adolescent suicide rate by 200~300%!

Lily's Story



The Tools

Walking with Families



- Parental Involvement
- Collaboration with Families

Building a Safe and Welcoming Community for Young People

- Create a youth group environment
- Adult mentors

Becoming Capable in Addressing Suicidal Ideation

- Adequate Training
- Build health resource network

We need: Holistic pastoral tools that provide spiritual guidance to help young people find meaning and purpose within the framework of faith, fostering self-worth and a fulfilling life

For a Synodal church, we are called to join hands!



Synodality

Thank You!

謝謝!

