

## Kolloquium des Instituts für Psychologie *Sommersemester 2025*

*Das Kolloquium des Instituts für Psychologie ist eine Gelegenheit für Forscher/-innen Ausschnitte aus ihrer sich im Prozess befindenden Forschung vorzustellen. Es wird konstruktiv diskutiert wie Ideen und/oder Ergebnisse theoretisch eingeordnet, interpretiert und elaboriert werden können. Hauptziel ist die konstruktive Anregung.*

*Im Sommersemester 2025 findet folgender Vortrag am Campus Essen in Zusammenarbeit mit In-East statt:*

**18.06.2025**

16.15 bis 17.45 Uhr (Raum S06 S02 B06)

Prof. Yuichi Toda

*Osaka Kyoiku University Japan*

### **Countermeasures against Cyberbullying and the Smartphone Summit**

The issue of cyberbullying is related not only to traditional forms of bullying but also to problems such as internet addiction, juvenile delinquency, and victimization through crimes committed by adults online, including grooming. While many researchers and leading practitioners tend to focus on specific aspects of these problems, in school settings, it often seems more effective to address them comprehensively. Together with my colleagues, I have supported an initiative called the "Smartphone Summit." This is not an approach where adults identify the reality and impose countermeasures; rather, it is one in which adults aggregate the results of surveys conducted among children, and based on these results, the children themselves engage in discussions, consider what they should do, propose actions, and implement them. This is a form of "collective self-regulation" conducted with the intention of valuing the agency of children. Going forward, we hope to develop and implement a system that combines collective and individual self-regulation. Specifically, we aim to introduce a self-monitoring mechanism in which data collected through digital devices is aggregated in real time, allowing each child to recognize their own position within overall trends and adjust their behavior accordingly.