

Cyber bullying

<http://www.nasponline.org/resources/bullying/Cyberbullying.pdf>

American teens make frequent use of the internet for such activities as communicating with friends, finding information for school assignments, and downloading music. Recent research (e.g., McQuade & Sampat, 2008) suggests that nearly all youth in middle and high school with access to a computer at home or school will use the internet and that this represents a rapid increase over the past decade. The number of teens with online profiles, including those on social networking sites like Facebook and Myspace, has also increased, and there is evidence that many of these teens who access the internet at home make efforts to keep their activity from parental scrutiny.

In 2006, national law enforcement leaders estimated that more than 13 million children and adolescents ages 6-17 were victims of cyber bullying. Research has identified characteristics of youth that predict cyber bullying as well as the consequences of such harassment.

In general cyber bullying involves sending or posting harmful or cruel text and/ or images using the internet or other digital communication devices, such as cell phone. Cyber bullying occurs most often when children are at home, but it can also take place during school.

Types of Cyber bullying:

- Flaming
- Harassment and stalking
- Denigration
- Impersonation
- Outing and trickery
- Exclusion

Cyber bullies are just as likely to be female as male and are more likely to be older teens rather than younger. A cyber bully may or may not be a person the victim knows. Cyber bullies can often remain anonymous, making it difficult if not impossible to tell who the abuser is.

The stop Cyber bullying program (Wired Kids, Inc.) describes four main types of cyber bullies:

- The Vengeful Angel
- Power Hungry
- Mean Girls
- Inadvertent

Some youth are more susceptible to instances of cyber bullying than others.

Approximately half of the victims of cyber bullying are also targets of traditional bullying. Victims are generally unpopular, isolated, depressed, anxious, and fearful

compared to their peers. Those at risk are more likely to be searching for acceptance and attention online, more vulnerable to manipulative techniques, less attentive to internet safety messages, less resilient in dealing with a difficult situation, less able or willing to rely on parents for help, and less likely to report a dangerous online situation to an adult.

The emotional harm that may result from cyber bullying is significant. Victims of face-t-face bullying often experience depression, anxiety, school failure, and school avoidance. Target of cyber bullying suffer equal if not greater psychological harm because the hurtful information is available to the public 24 hours a day, aggressors are often anonymous, the victimization is continuous and inescapable, and, since it is often difficult to remove posted material, the information may be publicly accessible for a long time.

No one should have to endure cyber bullying. It leaves children and teens frightened, upset, and perplexed. They tend to not know why this attack is happening to them and often are unsure as to who can help them resolve this troublesome and often scary situation.

Victims of cyber bullying should not retaliate, as this may promote more intensive harassment from the cyber bully and may make it unclear as to who originally instigated this aggressive, hurtful behavior. All victims of this type of behavior need to alert a responsible adult as soon as it occurs.

Parents can be a great resource in preventing instances of this type of bullying. The following steps should be considered:

Keep home computers in easily viewable places.

Talk regularly with children about their online activities and internet etiquette in general.

Talk about cyber bullying and encourage children to notify adults immediately if they become victims of cyber bullying.

Tell children that you may review their online communications if there is any reason for concern.

Help children understand that cyber bullying is harmful and unacceptable behavior.

Consider establishing a parent-child Internet use contract.

Considering installing parental control filtering software and/or tracking programs, but do not rely solely on these tools.

Encouraged the bullying legislation, and internet safety policies at the state, local, And, district levels.

Educators should determine the prevalence of cyber bullying, conduct a threat assessment in response to reports of cyber bullying that might involve violence or suicidal behaviors and develop programs, policies, and training to prevent and stop cyber bullying on campus.

Provide colleagues, parents, students, and community members with information about preventing and responding to cyber bullying. Faculty and staff should also be trained in early warning signs that may identify victims of cyber bullying, including rejection or isolation from peers and being the focus of more traditional forms of bullying. Be adamant about looking for the circulation of pictures, videos clips, sound files, and any other items used to ridicule and defame student's characters.

In class when discussing chapter 9 we talked about the risks of technology Issues,

so it's a strong and scary fact that this is an uncontrolled problem in our society. It affects millions of children and teens all over the world. People sometimes can really bring out the worst they have inside of themselves and others through technology. When I was searching on line for an article, I was reading this article about cyber bullying, I could see that there is a lot of facts to this matter. Also I see that there is a lot of good advice in this article in order to prevent bullying.

In our society today cyber bullying is a huge problem. It is a huge problem everywhere in the world today. I see a great amount of younger children and teens developing depression and feeling inferior to peers and suffering because of this tremendous problem! I don't understand the need to build up one's self-esteem by putting others down. How can the pain and tragedy someone else suffers make one feel good about themselves? This is why I am so very grateful that articles like are out there because it leaves room for education about the issue and hope for a better tomorrow when it comes to the future of our younger generation.