

CYBER- BULLYING

YOU CAN BE A PART OF THE SOLUTION



It is reported that 81% of those who cyber bully, do it for fun.

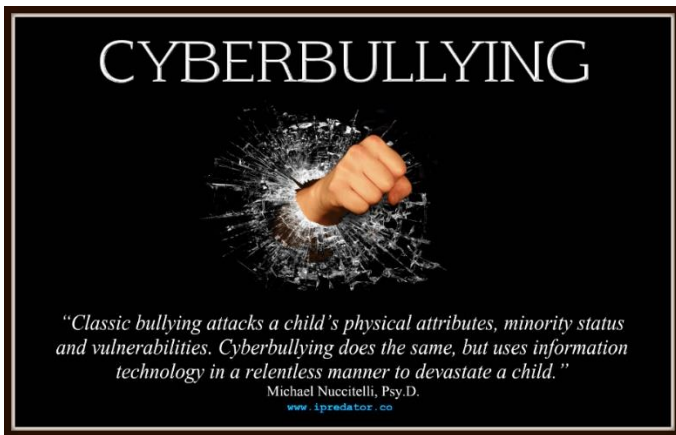


What is cyber bullying?

BY MR. ERWIN

Cyber bullying is when students aggressively try to hurt other students by using technology. Students that cyber bully often use cell phones, computers, gaming systems or chrome books to post mean and hurtful comments about other students. Many students use social media platforms like Facebook, Instagram, Snapchat, or TikTok to target victims.





Students that bully other students are looking for superiority and want acceptance from peers.

Why do people cyber bully?

IT'S JUST NOT WORTH IT!

Many students that make the choice to cyber bully do it because they are bullied in real life. They are usually victims and are seeking revenge as a way to make themselves feel better. Little do they know, that it usually does not help them feel better. They are looking to gain power and acceptance from other students. Sometimes they think that they are being funny or try to justify their actions by convincing themselves that they are just playing around. In fact, most online bullies report feeling depressed and unhappy. They also feel the effects that they have on their victims and it can have serious consequences.

TIPS FOR STUDENTS!

1. Add a friend to the conversation
2. BLOCK THE BULLY
3. Ask to get your number changed
4. Turn off your computer or log off
5. Don't respond
6. Make copies or save messages
7. Change username or email
8. File a complaint with website
9. Inform your parents
10. Report to adult at school
11. If you feel that you are in immediate physical danger, contact police.

WHAT CAN YOU DO TO HELP?

Students report that cyber bullying can be worse than in person bullying in school. They say that students that bully do not have the courage to confront people in face to face situations. Bullies like to provoke others and get a response. It makes them feel like they are in control. So, it is a good idea not to respond. This will take away their platform and more than likely defuse the situation. When you respond, it will more than likely escalate the problem and encourage more cyber bully behavior.

You can be a part of the solution if you recognize a cyber-bully encounter and you do not encourage the behavior. You can support the victim and let them know that they are not alone. Reach out to them and share some tips that will help. Do not instigate bully behavior by laughing, commenting, or encouraging the bully. This means that you are now instigating the behavior and can lead to consequences. Everyone has the responsibility to shut down bullies by recognizing the problem and working together to be a part of the solution.