

# **Cyberbullying**

by Syeda

## **What is cyberbullying?**

There are many definitions of cyberbullying. One of them is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature. The history of cyberbullying is that if someone had said anything horrible or hurtful in person, then the whole situation would have only occurred until the time they did not see that person.

However, now for a 21<sup>st</sup> century lifestyle, if someone calls someone a horrible name or says something, it would still go on even after the action had occurred as it can carry on via social media. Social media can be a platform where people can socialise but they can hurt others' feelings, making the whole idea of cyberbullying become a recurring cycle.



## **Effects of cyberbullying**

There are many symptoms of cyberbullying which people can be seen to have when they are a victim of cyberbullying. A couple of the symptoms are;

- dropping of grades in school
- skipping classes
- loss of interest in things which they were previously highly interested in
- more extreme are harming themselves or even suicidal thoughts

## **What about the wider effects?**

Even though some people don't get cyberbullied, those who are close to them can still be effected. Some of these effects are:

- being shut out by the victim
- not being able to talk to them properly without being pushed away or having them give excuses of not talking to them.
- if the victim's grades are dropping, it may make peers grades drop as well.

## **Statistics**

According to No Bullying (the world's authority on bullying) in 2014,

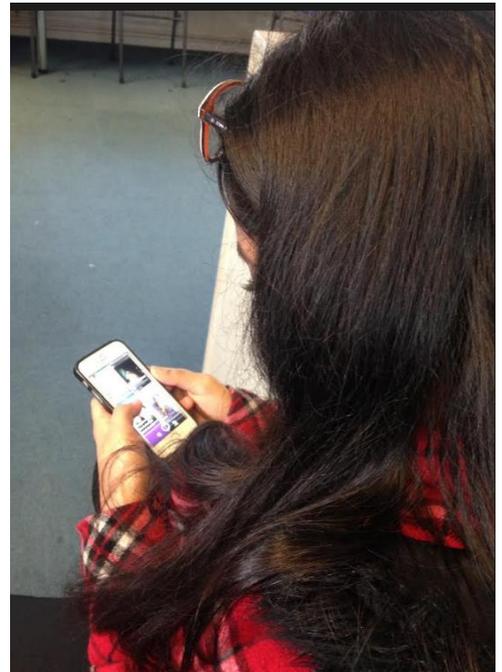
- 43.5% of children between the ages of 11 and 16, reported that they were bullied on social media sites.
- 56% of those had surveyed that they had witnessed someone being bullied online.
- 42% of those said they felt insecure going online.

- 7 out of 10 young people reported that they were bullied online; 37% of them had experienced online bullying frequently.
- 20% of people had surveyed that they experienced extreme Internet bullying on a daily basis.
- 54% of young people said they had reported that they were victims of cyberbullying and they believed that Facebook, Twitter and Ask.FM was presented as the highest risk of cyberbullying.

### **Are there ways we can help someone who is being cyberbullied?**

There are many ways that people can help someone who is a victim of cyberbullying. They are;

- Encouraging them to tell someone
- Reporting any of the evidence of the cyberbullying to a trustworthy person
- Screenshotting the messages and making sure not to delete them so you have proof AND report it as soon as possible before the entire situation becomes worse.
- Even when you are being pushed away, get them to talk to you about it.
- Keep checking up on them. Remind them that they are not alone.



### **How can we encourage schools to help gain awareness of the entire situation?**

At St Edmund's we have a strong anti-bullying campaign which we all sign up to. It highlights that letting bullying of any type go on is as bad as being the bully. Don't be a bystander! This is supported by our clear IT policy.

To encourage other schools to help gain awareness of the entire situation of cyberbullying we can do many things like;

- Sign petitions of non-cyberbullying. This could help gain awareness.
- Educate pupils about how to stay safe online and how to use the internet and social media sites in particular, safely.
- Make it clear that if anyone does break the rules, consequences can occur.