

# The duration of my speech essay

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Why must he end his life this way? How will you feel when you see your friend ending their lives just because they cannot handle the stress and the judgment that people have made without thinking? As the Cyber Wellness Representative Of Class EYE, I, Alexandra Duding, although I cannot Stop accessibility on my own, but I want to raise awareness on this issue and help prevent it.

And by preventing it, I want to share to the people, which is all of you about cyber-bullying and what we can do to put a stop to it. As inhabitants of the 21st century, we are, with no doubt bound to social networking sites. Despite their growing importance and influences in our everyday lives, there is a dark side to social networking sites too; cyber- bullying. The story cited before is only one of the millions of stories out there about this uprising issue. You cannot entirely stop accessibility, but what you can do is to avoid yourself from being cyber-bullied, be sensitive to others online, or help a friend who is being cyber-bullied. One thing students can do to avoid being cyber-bullied is to take simple recitations such as keeping our social networking sites settings private. As a result, things tattoo post will only be viewed by you and your friends whom you should have met and are close to in reality. If your social networking sites are not private, online ' predators' such as scam artists, stalkers and perverts will be able to access them easily from the comforts of their own home, and use this information against you.

How would you feel online if you know that a stranger is watching your every move, a stranger is recording your information and a stranger is looking at your picture? Of course, not everybody is the victim of accessibility. But also, entities sometimes hurt the others feelings without knowing it. Besides

preventing yourself from being shipbuilder, you can also learn how to be sensitive to others online.

“ The words of kindness are more healing to a drooping heart than balm or honey. ; -Sarah Fielding’ Be kind to others. No matter how much he or she agitates you online, never fight back. Always be kind to others because by fighting back their comments, you are also accessibility them in a way. Imagine both parties are angry, it will only make the situation worse, right? Imagine adding oil to the fire, what will happen? The fire will become bigger and harder to extinguish, right? Studies have shown that angry people will tend to act first and think later, which means that you will vent out your anger at somebody and hurt them without knowing it. “ When angry, count to ten before you speak; if very angry, a hundred. -? Thomas Jefferson”.

Practicing anger management not only helps on your dealing with emotions but also in a way, being sensitive to others online. So remember, most importantly, think before you act. This is the best way to be kind to others online. Also, people can be kind to you in return. So, after talking about how you can prevent yourself from being shipbuilder and how to be sensitive to others online, what if your friend is the one being shipbuilder? Would you let your friend handle the situation by their own or would you seek help from a trustworthy adult? Although your friend might not want nor appreciate your help at first, telling parents and teachers the situation that your friend is facing would be of great help to him/her. It is because parents and teachers have more authority, and most importantly the maturity to handle meddlesome issues, but only if they are aware of it. Once parents are aware

of their child's problem, they will be able to monitor their child's (your friend's), activity online. Teachers can also help in this problem by counseling the students; letting the teachers know how they feel to have a better understanding in the problem and advise the students on how to prevent themselves being cyber- bullied again.

Therefore, this can be a solution and a preventive measure so that cyber bullying in any form can be avoided. Also, despite from setting our social network account to private, another way to prevent yourselves from being shipbuilder is to not post anything controversial online. Because even when your social network accounts' settings are private, your friends are able to see some sensitive issues tattoo might have posted and share it with their network of friends which will lead to a vicious cycle which might cause a dispute online and land yourself into trouble. How would you feel if many people whom you do not know write nasty comments on your posture because it was controversial? Do you think they would know how you feel? There are many examples that happened within Singapore itself.

For example, have you heard of the name Anton Casey? Sounds familiar, right? He had recently posted a series of posts calling taxi drivers "retard" and train commuters "poor people". His posts had created an uproar online among entities and as a result, he was fired from his high ranking post and forced to flee from Singapore, where he had stayed for twelve years. Another example is Amy Echoing. She had complained about a Malay wedding that was held at a void deck near her home in her Backbone post. In the Backbone post, she also mentioned that the Malay had a high divorce rate

and questioning the society how they will allow people to marry with only fifty bucks. She was forced to make multiple apologies online, and not only that, she also got fired her job being an assistant director of ANTIC and also forced to flee to Perth. As you can see how powerful the internet can be when you post something online. So imagine, that you passed a racism or despise remarks on the others online, how will the entities actually react? You will have to apologies online for your wrongdoings, get expelled from school, or even flee from the entry.

So, remember, think before you post online “ We are free to choose our paths, but we can’t choose the consequences that come with them. ” Sean Covey That is all I have for today. Let me leave you with these closing thoughts , watch your thoughts they become words, watch your words they become actions, watch your actions they become habits, watch your habit they become character watch your character they become your destiny. Hope all of you can benefit from my speech and heed the precautionary methods. Thank you for lending your ears for the duration of my speech. Have a great day ahead.