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Abstract Teenagers nowaday havemany open doors to say connected to one another such as mobile phones, internetaccess and social networking. However, it is also brought the dangers ofbullying to the forefront, as increasing young people are exposed ti its verbaland visual violence. In today’s interconnected world, bullying poses a seriousissue for teens. In this manner, the require emerges for  Cyberbullying knowleage.

This paper willanswer: What is Cyberbullying? What does it’s effects? How to stop it?         Introduction With the rise ofthe different technological devices and appplcations, and the tremendous numberof teenagers who depend on their smart phones and laptops in their everydaylife, the usage of the internet became the most frequent daily habit in theworld. the web brought with it social media websites, and as much as it can beuseful for some individuals, it dose bring negtive impcts for others as well. Cyberbullying is an act of aggression through the usages of Internet andtechnology, whether by sharing private videos or photos with the intention ofhumiliating or exposing a person in front of the world, or sending textmessages, messages via social websites, or emails that will threaten or offendand insult them. The young internet ueser should be well mindful of whatcyberbullying is and ought to know how to respond to such acts.

Therefor, thispaper disscuses trhe question of what is cyberbullyling is, what its short temand long term effects, and how to cope with it.    The definition ofCyberbullyingCyberbullyingaka cyberharassment is an aggressive, intentional act or behavior that iscarried out by a group or an individual, using electronic forms of contact, repeately and over time against a victim who cannot easily defend him orherself. In others word, it is the act of using internet, cell phones, videogames, or other technology gadgets to send text, or post images intended tohurt or embarrass another person. Cyberbullyingcan happen across several mediums such as:·      Social Networks: Facebook, twitter, Instagram, Youtube, MySpace, ect.·      Instantmessaging (IMs) and text messaging.·      Email·      Chatrooms/forums/blogs.·      Online Games.

The most famous exmplesare: Harassment, stalking, rumor spreding, sharing personal information ofothers whitout their consent, ect. According to theInternet Safety 101 curriculum, there are seven types of Cyerbullying:·     Gossip: posting or sending cruel gossip to damge a person’s reputation and relationshipwith friends, family, and acquaintances.·     Exclusion: Deliberatelyexcluing someone from an online group.·     Nation: breakinginto someone’s e-mail or other online account and sending messages that willcause embrrassment or damge to the person’s reputation and affecr his or herrelationship with others.

·     Harassment: Repetedly posting or sending offensive, rude, and insulting messages.·     Cyberstalking: Posting or sending unwanted or imtimmidating messages, which may includethreats.·     Outingand trickery: Tricking someone into revealing secretsor embrrassing information, which is then shared online.·     Cyberthreats: Remarks on the internet threatening or implying violent behavior, displayingsuicidal tendencies.    Effects ofCyberbullying       Childhoodbullying has serious effects on both short and long- term health of children. Immediate intervention and long-term flollow-up can help mediate some of theseeffects. It is imperative that schools, families, and communties work togetherto understand byllying and its consequences and fine ways to decrease, andhopefully eradicate bullying both in schools and communties.

Short term effects      Psychologicalissues are common effects of bullying. Victims of cyberbullying commonlydemonstrate a number of psychological problems, particularly depression andanxiety. Girls may also develop eating disorders after or while being bullied. In addition, victimized children of both sexes may develop psychosomaticissues, which are bodily complaints that have no physical cause. For instance, victims often suffer from headaches or stomachaches, particularly before theschool day begins. They also often have a range of sleep issuses, bullied onemay have difficulties falling asleep and getting their needed rest on any givennight.

When victims are able to sleep, they are more likely to experiencenightmares than their non-victimized peers. These nightmares tend to be vividand menacing and may or may not involve the bully. Moreover, victims ofbullying may become suicidal also. They have higher rates of suicidality thantheir peers. This means that they think about committing suicide much moreoften then others at their age. Victimized children also suffer from lowersocial status than non-victimized one.

Social exclusion may be have lead to achild being bullied in the first place, but it seems that peer rejection getseven worse after a person is bullied. As a result, victims often feel lonelyand abandoned and suffer from low self-esteem. Last but not least, bulliedvictims tend to have problems with academic achievement. This primarily oocursdue to victims frequent absenteeism.

Their experiences of emotional, psychological and physical trauma lead them to perfer staying at home thangoing out to pursue their studies. Long-term effects Children who were victims of bullying havebeen consistently found to be at higher risk of internalising problems, inparticular diagnose of anxiety disorder and depression in young adulthood andmiddle adulthood (18-50 years of age). Furthermore, victims were increased riskfor displaying psychotic experiences at age 18 and having sucidal ideation, attempts and completed sucides. Victims were also reported to have poor generalhealth, including more bodily pain, headaches and slower recovery fromillnesses. Moreover, they were found to have lower education qualifications, beworse at financial management and to earn less than their peers even at age 50. Victims were also reported to have more trouble making or keeping friends andto be less likely to live with a partner and have social support. Dealing withCyber-bullying       The best way for anbody to handle cyber-bullying is to preventit in the first place.

In some cases, this may be as easy as controlling one’sprivcy settings on social media websites so that bullies do not have acces toone’s profile. This meean only adding people to one’s “ friends” list that canbe trusted or even blocking people that are known bullies from having accees toone’s profile. These days, all social media sites have customizable privacysettings that can make it more difficult for a cyber bully to reach a victim. However, it’s not always possible to prevent cyber bullying. All ittakes is for a bully to find out an e-mail address or instant messager name of avictim to assault them with verbally insulting text. At this point, all victimsought to report the issues, regardless of how minor it may seem.

In case the event happends at school , it is necessary to see a teacher, principal, or other member of the school that you trusted quickly. It isimportant to keep a duplicate of the content that sent from the bully so thatthey can be shown as a evident. Unfortunately, without proof of the incident, there are not much that school staff can do. Even when the bully occurredoutside the school, taking a screenshot of the text or even printing out theconversation, this can be useful for future. If finding help from school staff member or the bully’s parent is notenough to solve the matter. The bullying may still happen, it is necessary to have the local police department takepart in. Once inform to a police officer, they will be able to write anofficial report, which will serve as documentation of the case.

It is a goodway to show the message of the bully to the police officer as a proof at thistime. Depending on the serious of the contents, police action may be takenagainst the bully. This is especially true in bullying situations wherephysical threats or other threats of violence are made to the victim. Thesemust always be taken seriously. Summary. Cyber bullying issomething that is being cracked down on across the nation.

However, it is stillquite common. This is why it’s so important for children, teens, parents, andschool officials alike to understand the severity of cyber bullying, how toprevent it, and how to react to it. This way, the Internet can become a saferplace for children and teens.