

# Abstract technology, whether by sharing private videos

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Abstract Teenagers nowadays have many open doors to stay connected to one another such as mobile phones, internet access and social networking.

However, it is also brought the dangers of bullying to the forefront, as increasing young people are exposed to its verbal and visual violence. In today's interconnected world, bullying poses a serious issue for teens. In this manner, the requirement emerges for Cyberbullying knowledge.

This paper will answer: What is Cyberbullying? What are its effects? How to stop it?

**Introduction** With the rise of the different technological devices and applications, and the tremendous number of teenagers who depend on their smart phones and laptops in their everyday life, the usage of the internet became the most frequent daily habit in the world. The web brought with it social media websites, and as much as it can be useful for some individuals, it does bring negative impacts for others as well. Cyberbullying is an act of aggression through the usage of Internet and technology, whether by sharing private videos or photos with the intention of humiliating or exposing a person in front of the world, or sending text messages, messages via social websites, or emails that will threaten or offend and insult them. The young internet user should be well mindful of what cyberbullying is and ought to know how to respond to such acts.

Therefore, this paper discusses the question of what is cyberbullying, what its short term and long term effects, and how to cope with it. The definition of Cyberbullying or Cyberbullying aka cyberharassment is an aggressive, intentional act or behavior that is carried out by a group or an individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend him or herself. In other words, it is the act of using <https://assignbuster.com/abstract-technology-whether-by-sharing-private-videos/>

internet, cell phones, videogames, or other technology gadgets to send text, or post images intended to hurt or embarrass another person.

Cyberbullying can happen across several mediums such as:

- Social Networks: Facebook, twitter, Instagram, Youtube, MySpace, ect.
- Instant messaging (IMs) and text messaging.
- Email.
- Chatrooms/forums/blogs.
- Online Games.

The most famous examples are: Harassment, stalking, rumor spreading, sharing personal information of others without their consent, ect. According to the Internet Safety 101 curriculum, there are seven types of

Cyberbullying:

- Gossip: posting or sending cruel gossip to damage a person's reputation and relationship with friends, family, and acquaintances.
- Exclusion: Deliberately excluding someone from an online group.
- Hacking: breaking into someone's e-mail or other online account and sending messages that will cause embarrassment or damage to the person's reputation and affect his or her relationship with others.

- Harassment: Repeatedly posting or sending offensive, rude, and insulting messages.
- Cyberstalking: Posting or sending unwanted or intimidating messages, which may include threats.
- Outing and trickery: Tricking someone into revealing secrets or embarrassing information, which is then shared online.
- Cyberthreats: Remarks on the internet threatening or implying violent behavior, displaying suicidal tendencies.

Effects of Cyberbullying

Childhood bullying has serious effects on both short and long-term health of children. Immediate intervention and long-term follow-up can help mediate some of these effects. It is imperative that schools,

families, and communities work together to understand bullying and its consequences and find ways to decrease, and hopefully eradicate bullying both in schools and communities.

**Short term effects** Psychological issues are common effects of bullying. Victims of cyberbullying commonly demonstrate a number of psychological problems, particularly depression and anxiety. Girls may also develop eating disorders after or while being bullied. In addition, victimized children of both sexes may develop psychosomatic issues, which are bodily complaints that have no physical cause. For instance, victims often suffer from headaches or stomachaches, particularly before the school day begins. They also often have a range of sleep issues, bullied one may have difficulties falling asleep and getting their needed rest on any given night.

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

Social exclusion may have led to a child being bullied in the first place, but it seems that peer rejection gets even worse after a person is bullied. As a result, victims often feel lonely and abandoned and suffer from low self-esteem. Last but not least, bullied victims tend to have problems with

academic achievement. This primarily occurs due to victims frequent absenteeism.

Their experiences of emotional, psychological and physical trauma lead them to prefer staying at home than going out to pursue their studies. Long-term effects Children who were victims of bullying have been consistently found to be at higher risk of internalising problems, in particular diagnosis of anxiety disorder and depression in young adulthood and middle adulthood (18-50 years of age). Furthermore, victims were increased risk for displaying psychotic experiences at age 18 and having suicidal ideation, attempts and completed suicides. Victims were also reported to have poor general health, including more bodily pain, headaches and slower recovery from illnesses. Moreover, they were found to have lower education qualifications, be worse 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 and to be less likely to live with a partner and have social support. Dealing with Cyber-bullying The best way for anybody to handle cyber-bullying is to prevent it in the first place.

In some cases, this may be as easy as controlling one's privacy settings on social media websites so that bullies do not have access to one's profile. This means only adding people to one's "friends" list that can be trusted or even blocking people that are known bullies from having access to one's profile. These days, all social media sites have customizable privacy settings 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 it takes is for a bully to find out

an e-mail address or instant messenger name of a victim to assault them with verbally insulting text. At this point, all victims sought to report the issues, regardless of how minor it may seem.

In case the event happens at school, it is necessary to see a teacher, principal, or other member of the school that you trusted quickly. It is important to keep a duplicate of the content that sent from the bully so that they can be shown as evidence. Unfortunately, without proof of the incident, there are not much that school staff can do. Even when the bully occurred outside the school, taking a screenshot of the text or even printing out the conversation, this can be useful for future. If finding help from school staff member or the bully's parent is not enough to solve the matter. The bullying may still happen, it is necessary to have the local police department take part in. Once informed to a police officer, they will be able to write an official report, which will serve as documentation of the case.

It is a good way to show the message of the bully to the police officer as a proof at this time. Depending on the seriousness of the contents, police action may be taken against the bully. This is especially true in bullying situations where physical threats or other threats of violence are made to the victim. These must always be taken seriously. Summary. Cyber bullying is something that is being cracked down on across the nation.

However, it is still quite common. This is why it's so important for children, teens, parents, and school officials alike to understand the severity of cyber bullying, how to prevent it, and how to react to it. This way, the Internet can become a safer place for children and teens.

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