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Cyberbullying, a growing issue in today's world with advanced technology, requires intervention from both sides, the educators, and the parents to create safe environments for everyone. Bullying once was only in physical settings such as school but since technology has grown to exceptional levels with new social media websites, and new ways to interact over the internet a new form of bullying has emerged known as cyberbullying. With this new form of bullying a big problem arises with schools, and parents do not know what to do to put a stop to it.

Critical as this problem is, there are measures we can take to prevent it. Educators and parents can take certain steps to prevent this and stop cyberbullying. Educators and parents are unable to figure out the steps to stop it and this problem is growing with each second. What is needed to slow down and stop cyberbullying is actions from schools and parents, such as figuring out the signs that it is happening and creating safer environments. These things can be achieved by parents and schools coming together from around the world.

Cyberbullying has been around since the beginning of the internet, and it can be described as mean messages towards someone that is usually anonymous and over the internet. Cyberbullying happens more than you think victims usually are afraid to come forward leading to cyberbullying continually happening. According to research from Cyberbullying Research Center, about 36% of students have experienced cyberbullying in their lifetime showing the big issue at hand (Cyberbullying.org). Over thirty percent of teens report being cyberbullied and fifteen percent of children report this happening as well.

The effects of cyberbullying can be potentially dangerous for the victims of this, including their mental states and even causing suicidal thoughts. When a victim is being cyberbullied, there are signs that it is happening for instance, being easily irritated, increased anxiety, keeping secrets, becoming withdrawn from activities they used to enjoy, more messages coming through their phones, and depression ("What Is Cyberbullying?"). Victims of cyberbullying have an increased risk of suicide by about 50% (Kamen). This makes the issues of cyberbullying especially important and must be addressed fast. Due to this, parents and educators must be extra aware of the signs and track the student's internet habits and recognize when a student is being cyberbullied.

Parents can prevent cyberbullying and spot it early on. Parents can start by controlling internet usage for their children and spotting it early. Parents can start by keeping computers in easy to view areas, talking to their children about cyberbullying and telling them to alert them as soon as possible when any cyberbullying occurs, and getting parental controls on their children's devices to monitor their usage of the internet (Feinberg and Robey). Some people say that tracking their children's internet usage has a cause for concern because of privacy concerns. However, research has shown that children with parents that keep more tabs on them have a decreased risk of being cyberbullied (Maryville University).

Schools must come together to start to decrease the act of cyberbullying. Teachers and educators can start by executing plans to decrease cyberbullying. Educators can introduce lessons on cyberbullying to instruct students about it, creating a safe environment so students can feel safe reporting any incidents that occur, and implementing polices on anti-cyberbullying to communicate to the students and parents (Feinberg and Robey). Studies have shown that implementing anti-bullying programs in school has been effective. The UK-developed Learning

Together whole-school intervention stated that there were major improvements when programs like those are being used in schools. The article from Maryville University highlights that schools that implement comprehensive programming on cyberbullying programs see a big deduction in incidents emphasizing the crucial role schools can play in preventing it (Maryville University). This program starts by bringing the whole school together to put a stop to cyberbullying and bullying ("Research Finds Schools Can Effectively Prevent Bullying").

Victims feel lost and confused about why this is happening to them and may not know what to do when they are bullied over the internet. Victims usually have trouble coming forward when they are being cyberbullied because they sometimes do not even know what it is, or they might feel ashamed and embarrassed that this is happening to them. Most victims feel that the parents and their schools would not do anything if they talked about what is happening to them, preventing them from coming forward. A study highlighted in the Cyberbullying Research Center found that many students who did not report cyberbullying incidents felt that their teachers or parents would not take them seriously or would not intervene effectively, which furthered the problem (Cyberbullying.org). The targets of cyberbullying also feel that if they were to come forward that the bullies would retaliate against them causing further harassment (Patchin).

There are things a victim can do about being cyberbullied to further prevent it or catch who is behind it. They can start by telling the cyberbully to stop sending mean messages and remove any offensive stuff about them, ignoring and blocking the line of communication, collecting evidence of them being cyberbullied to forward to the parents of the instigator, and getting help from their school therapist, police, or the principle to catch the cyberbully and to put a stop to it (Feinberg and Robey).

Cyberbullying can come in many different forms. The forms of cyberbullying include harassment and stalking, denigration (which is a form of spreading false rumors about someone and degrading their reputation) and outing and trickery (this is known as getting close to someone and getting them to reveal sensitive information about themselves to tell other people and embarrass them) (Feinberg and Robey). When someone is being cyberbullied, they should avoid fighting back against it as this can further the harassment from the cyberbully, they should instead alert a responsible adult as soon as it is happening.

Overall, if the schools and parents came together to put an end to cyberbullying it would be amazingly effective because cyberbullying is a major issue in today's world with the evolution of technology. The implementation of anti-cyberbullying programs decreases cyberbullying occurrence and helps students with their mental health and academic performance, as shown by many other studies (Cyberbullying Research Center). Parents can start by being more attentive to their children's social media habits and what they do over the internet, and educators can start creating programs to help students that may be in a crisis and not know what to do or how to speak up about what is happening to them. It is especially important for both sides to come forward and take the steps that are needed in addressing the major issue of cyberbullying, including making the students feel safe enough to speak up about their experiences online. (Maryville University).

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