

## Cyber Bullying

Cyber-bullying is a topic multiple pedestrians have very little knowledge about. Everyone who researches it knows it is harmful, but how can they stop it, is the priority question. There are plenty ways of stopping cyber-bullying that are easier than people think.

First off, what is cyber-bullying? Cyber-bullying are actions that use information and communication technologies to support deliberate, repeated, and hostile behavior by an individual or group that is intended to harm another or others. It is also use of communication technologies for the intention of harming another person. Lastly, it is use of internet service and mobile technologies such as web pages and discussion groups as well as instant messaging or SMS text messaging with the intention of harming another person.

Individuals cyber-bully for a mountain of reasons. First, they are too frightened to bully a victim in person. This is a typical cyber-bullies' reason of bullying. Second cyber-bullies believe they are anonymous, so their victim will not know who they are. Third, the bully officially has the victims personal information and is most likely never going to banish it, this means never ending bullying. Cyber-bullying has millions harmful outcomes. First drawback is the innocent person will receive harsh and upsetting messages over the internet and even their phone, causing suicidal thoughts and eventually death. Second, the prey of the bully will become addicted to drugs, alcohol, and wrist cutting, and over time this will kill them. Cyber-bullying can cause the person being bullied to become a bully. This is probably the worst of the outcomes because it creates more bullies, meaning more victims of death. A very famous YouTube video has gone viral throughout a couple years. This video was about Amanda Todd's story through cyber-bullying and the outcomes of her story included suicidal thoughts, and addiction to drugs, alcohol, and wrist cutting. She eventually died recently from suicide.

If I knew someone who was a victim of cyber-bullying, I would help him the right way. First, I would tell him to take a stand against the bully and tell the bully it does not affect him. Second, if that does not work, I would tell him to tell an adult he is close to. If this does not work I would have him immediately share this with the police. This would be my reaction to if I were being cyber-bullied.

Technology and the Internet are some of the greatest inventions in the entire world, but also some of the most harmful. It is very easy to walk into trouble on the Internet, yet it is very simply to stay safe. First, there are safety attachments that can be added to the Internet for a computer or laptop. This will allow citizens to know what websites are safe and which are not. With phones and cell phones the owner can easily block numbers unknown or just ignore messages from anonymous phone numbers. Lastly, people can balance their technology usage time. For example go outside more often and avoid cell phones and

computers. Do not ditch all technology because it is important to be up to date with the harmful things happening around a close area.

What can be done to prevent cyber-bullying? An easy question to answer, several things. First, people in our world can learn to stay away from websites that include a lot of people who cyber-bully, so a person can create private account so only people he wants (friends and family) can see their information. Second, schools and parents can block all websites that require personal information and include strangers to protect kids from being harmed or bullied. Parents can also constantly talk to their kids when they look upset and force information they are not sharing. People in on world can also form organizations where they can track down and find cyber-bullies and protect the victims of the bully. Lastly New Jersey and the United States can create laws requiring that only appropriate material can be posted on a website, and any inappropriate material will be taken off immediately. Another law can include that all personal information will become unhackable after being used.

I have stated several different things about cyber-bullying. People can immediately take action and make a stand against cyber-bullying. Cyber-bullying is causing suicides and more people to turn to drugs and alcohol for help. This should not happen, so show support and end cyber-bullying and bullying today!

