

Cyber Bullying

You open up your phone. You open up your social network account. It might be Twitter, Facebook or Instagram. You post a picture of yourself. You shut off your phone, drop it on your bed and leave the room. When you return, there are nasty comments under the picture. "I hate you", "you are so ugly" and "you are such a loser!" are just some of them. You probably think "What did I do wrong?" This is a case of cyber bullying. It spreads like wildfire. Are you the victim, the bully, or the in between?

Cyber bullying can begin with just a comment or message. Usually at first it's a joke. Then it grows into nasty, mean and hurtful messages. Then, it begins to happen every day. The messages keep coming and coming. Then, they are forwarded to the whole school and everyone is laughing at you. Then you start to wish that you didn't have to hear it anymore. If this is happening to you, or a close friend, a good thing to do is to save the message or comment. That way, if the bully lies, and says that they never did or said that, you have proof. Some people may threaten victims, or lie to them, and that can lead to anxiety, anorexia or even suicide. There are sick and twisted people out in the world, that when they make people sad, bully them, or hurt their feelings, it makes them laugh and it makes them happy. Maybe something happened to them when they were younger {like cyber bullying} and they want to do it themselves and have revenge. Also, if you are being cyber bullied, you may want to go to a trusted adult. Also do that if it may be happening to a close friend. Report, block or ban the person who is bullying you. Some people, if it goes too far, may contact the police.

There are many cool sites: Twitter, Facebook, and Instagram. They are social network and media sites. They were originally made so that people could look at their friend's profile, to chat with a long time friend, and to share each other's photos. I hope you know which ones they are. So, as far as I'm concerned, they were not made to be a weapon to hurt other people's feelings. Once a nasty comment or message is posted, these sites turn into what I like to call: cyber bullying swords; they can also be a virus. Even game sites; like Club Penguin. But should you really be on them? You really shouldn't be too vulnerable on any of these sites. You need to be safe and only friend or follow people that you know. On a lot of these sites they have privacy settings, and they have the option to make your account private. If you are being cyber bullied, don't say something mean back, like telling them to shut up or calling them a mean name. Don't do that because the bully will think that they are hurting you and that they have power over you. You don't want them to think that.

I think that we could have pep rallies and group discussions to talk about cyber bullying. In schools, we could have an anti-bullying club, and hang posters around the school, and talk to teachers and kids. Many people have started anti-bullying and cyber bullying groups and programs, but more for adults and teachers. What about a group for kids? So, that they can talk about their life experiences, and people who have had cyber bullying happen to them

talk to them. Kids are told not to bully, but are they really listening? Their teachers and parents say to be nice and not mean, but they do it anyway! They really need to wake up and smell the coffee, and realize that since technology was invented, it has become another way to bully people!

Make sure to follow safety rules and don't talk to people you don't know. You may think you know the Internet, but it can turn its back on you, and it can get ugly. Use any electronic device properly, not in vain, not against your parents, and not a way to hurt other people's feelings as a bully. If you are being cyber bullied, show your parents! If people talk about cyber bullying in school, at assemblies, or anywhere else, listen! Just in case it ever happens to you.