

Love Yourself

In the 21st century there has been a significant boost in the technological age. Some would say that this is a good thing but others will tend to digress. In tune with the boost in technology there has also been a major increase in cyber bullying. On a daily we will often hear and read stories about a teenager committing suicide due to the harmful and derogatory terms said to them through the Internet. This has been a consistent issue in today's society and it needs to be stopped.

Social networks such as: Facebook, Twitter, and Instagram have often caused people to commit harmful deeds to themselves because of the cruel things said to them on these sites. However, we cannot just blame the social networks for this kind of predicament. The media has played a huge role in the use of cyber bullying in America. We often see in music videos, and television shows that if someone is different or doesn't act or look the same as everyone else they are to be treated as such and be excluded from the whole. These media sources have created a notion for the younger generation that you have to be tall, skinny, beautiful, and heterosexual to be able to succeed in anything that you partake in.

In my eighteen years of life I have noticed many things about people when it comes to social networks and how they go about embracing their flaws and insecurities. As each day goes by it becomes harder for people to really embrace whom they are and be able to accept their flaws. I can confidently say as a senior in high school I have seen so many people try to act or be someone they aren't and try to make show for their peers. To prevent from being bullied themselves they master the skill of being able to pinpoint another person's insecurities and use that against them. With today's adolescence we also see people acting one way online but another way in person. The problem with teenagers today is that they just want to be liked and accepted, but they can only be liked and accepted if they look, act, feel, and live a certain way. It's all just one big popularity contest.

According to the statistics done by the i-Safe foundation for cyber bullying: over half of adolescents and teens have been bullied online while the other half has engaged in cyber bullying, more than 1 in 3 young people have experienced cyber threats online, and well more than half of young people today do not tell their parents when cyber bullying occurs. These are only a few of the results taken from multiple studies for cyber bullying. There are certain precautions that need to take place in order to make sure that cyber bullying will not occur so often. It would be safer for children, for one, to stay off of social networks. I think eighteen would be an appropriate age for students to be allowed to use social networks. The world would benefit a lot more also if there were some kind of monitor or screening done when certain things are said on the Internet. There should be assemblies and sessions held with students on a regular basis to discuss the severity of bullying and its effects on the victims that experience it. Ideas like these taken seriously and into affect will really make the world an easier place to live especially for adolescents.

As a human being coming into adulthood in today's society someone being bullied is unacceptable. I have never been a victim of cyber bullying but bullying, in general, is inhumane and wrong. The experience of being bullied can really destroy a person's ability to function and flourish in the world. Everyone has a right to live a full and dignified life no matter how fat, skinny, tall, short, gay, straight, or color they are. No one should encounter dehumanization due to one's ignorance. A better approach is to educate the children of today and teach them that community and love is key.