

Cyber Bullying

Posted on YouTube, there is a video entitled "My Story-struggling-bullying-suicide and Self Harm". The person's hands hold index cards in the YouTube clip and shows self inflicted cuts, some faint in appearance indicating that they were previous self inflictions. Upon the index cards is a step by step look into what brought a young girl to claim her own life.

Amanda Todd told the world of her pain and trials as a victim of cyber bullying. She was constantly ridiculed by her peers online, as well as offline. She moved to a new city and enrolled in a school. There, her troubles only grew when she was physically assaulted by peers from her old school. She faced countless acts of manipulation when naked pictures resurfaced on the internet.

Her story comes to an end by the young teen committing suicide. This video went viral attracting international media attention, sending a life changing message across the world; sparking it to open eyes, ears, as well as hearts. Will it have to go so far each time for the world to realize cyber bullying is a more than an outstanding issue?

Cyber bullying involves the usage of technology in order to torture, embarrass, harass, or threaten someone. Many teens may not see harms in their actions but those placed in situations of any kind of bullying would differ in perspective dramatically.

With over eight percent of teens using cell phones regularly, escaping cyber bullying has become almost impossible. The internet has allowed for easier access to unlimited sources of information. But with all the advances in technology, some dark places have arisen on the internet scene.

Social networks were originally created to keep you up to date with the lives of friends and family. Locally or internationally, instant messaging, video chat, etc. can make for keeping in the links of those around you. There are many ups to using social networks, but drifting back into reality, not everyone plays by the rules.

Seventy percent of teens report seeing frequent bullying online. Forty three percent report being bullied online. Cyber bullying has become the most common source of of bullying in recent years.

Although not physical, cyber bullying is a form of teen violence, which can have lasting harm to the bullied and the bully. The bullied are very likely to enter a state of depression, and are two to nine times more likely to commit suicide. The bully may experience emotional disturbances, in which their victims have gone beyond what they had expected. Girls are twice as likely to become victims and perpetrators of cyber bullying. Only one in ten victims will inform a parent or adult of their abuse. Many teens fear an adult's

involvement will make the situation worse, or will add to the situation and therefore have them portrayed as a snitch.

Although there are no ways of fully terminating cyber bullying, precautions can be taken. If someone is already experiencing cyber bullying, the best thing a bystander can do is act. Stand for what it is right even if you stand alone! Would you rather mourn a loss in which you could have prevented or take a stand before things reach the point of no return? You do not have to verbally speak to make your voice heard, write a letter viewing your perspective of what is wrong. If you are the actual victim of cyber bullying keep in mind, no matter what brought about the situation, no-one has the right to belittle, ridicule, taunt, or abuse you. Find the courage within yourself to speak up; a small step today can make for a milestone tomorrow.