

Impact of Cyber-Bullying – A New Outbreak

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I. Introduction:

Cyber bullying occurs when a child or teen uses the Internet, emails, text messages, instant messaging, social media websites, online forums, chat rooms, or other digital technology to harass, threaten, or humiliate another child or teen. Unlike traditional bullying, cyber bullying doesn't require physical strength or face-to-face contact and isn't limited to just a handful of witnesses at a time. Cyber bullies come in all shapes and sizes—almost anyone with an Internet connection or mobile phone can cyber bully someone else, often without having to reveal their identity. Cyber bullies can anguish their victims 24 hours a day and the bullying can follow the victim anywhere so that no place, not even home, ever feels safe, and with a few clicks the disgrace can be witnessed by hundreds or even thousands of people online.

Types of Cyber Bullying:

Gossip: Posting or sending cruel gossip to damage a person's reputation and relationships with friends, family, and acquaintances.

Exclusion: Deliberately excluding someone from an online group.

Impersonation: Breaking into someone's e-mail or other online account and sending messages that will cause embarrassment or damage to the person's reputation and affect his or her relationship with others

Harassment: Repeatedly posting or sending offensive, rude, and insulting messages.

Cyber stalking: Posting or sending unwanted or intimidating messages, which may include threats.

Flaming: Online fights where scornful and offensive messages are posted on websites, forums, or blogs.

Outing and Trickery: Tricking someone into revealing secrets or embarrassing information, that is then shared online.

Cyber threats: Remarks on the Internet threatening or implying violent behavior, displaying suicidal tendencies.

II. REVIEW OF LITERATURE

Shariff and Gouin (2007) proclaimed emerging litigation suggests that parents of cyberbullied fatalities are progressively more willing to sue schools for failing to protect their wards from tortuous school mates. Important concerns in school policies have exploded in schools around the country. Shariff (2004) found that school administrators assumed anti-bullying policies absolved them from doing more to guard fatalities.

Shariff and Gouin (2007) stated that teachers, school counselors, administrators, and policy makers have greater a responsibility than parents, to adapt to a swiftly evolving technological society, to address up coming challenges, and direct children to become civil minded individuals.

Diguillio (2001) reports that bullying research and numerous media reports confirm that "bullieside" (suicide by victims of bullying) is on the rise. Progressively the courts are beginning to recognize emotional and psychological harm as "tangible", including mental shock and suffering (Shariff 2003).

According to Willard (2007), school officials have the authority and responsibility to respond to any on or off-campus harmful or inappropriate speech through the District Internet System. Willard continues to say parents are financially liable for the harm caused by their children (Willard, 2007).

Some cyberbullying meets the standards of criminal violations, including threats, coercion, harassing telephone calls or text, harassment, stalking, hate or bias crimes, child pornography, sexual exploitation, and taking a photo of someone in a private place (Willard, 2007).

The impacts of workplace bullying and harassment have been recognized and have led to an expansion of research and policy on the issue (Agervold, 2007; Cowie, Naylor, Rivers, Smith & Pereira, 2002; Lieber, 2010; Lim & Cortina, 2005; Lutgen-Sandvik, Tracy & Alberts, 2007; MacIntosh, 2006; Privitera & Campbell, 2009; WorkSafeBC, 2012). Last fall, new WorkSafeBC policies governing bullying and harassment in the workplace came into effect and set out requirements for employers to provide a bullying and harassment free workplace, and to prevent and address workplace bullying and harassment through policy and training. Given that the university environment is increasingly impacted by the information and communication technology

(ICT) used within and outside the university, there is no doubt that cyberbullying must feature in the research and policy development.

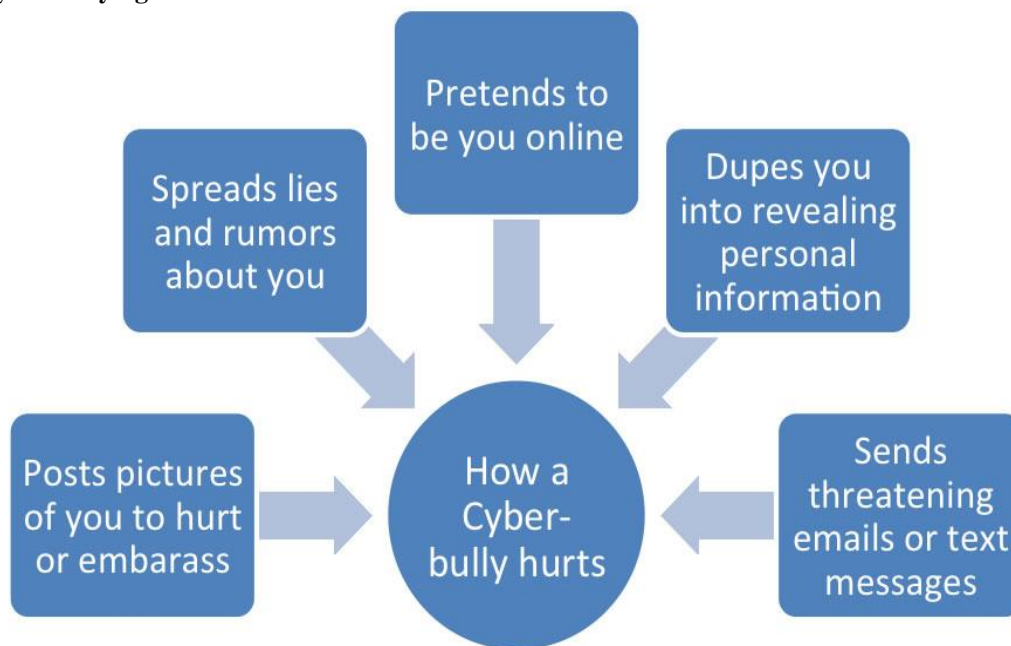
In extreme cases, physical bullying and online bullying can coerce a child or teen to profound depression and even suicide (sometimes called “bullycide”). Since 1983, over 150 children have taken their own lives due, in part, to the extreme pressure of being bullied.

When it comes to suicides related to cyber bullying, some names have made national headlines in recent years. Ryan Halligan (2003) may be the earliest known case of suicide provoked by Internet taunts, but unfortunately many others have followed: Jeffrey Johnston (2005), Kristina Calco (2006), Rachael Neblett (2006), Megan Meier (2006), Jesse Logan (2008), Alexa Berman (2008), Michael Joseph Berry (2008), Iain Steele (2009), Hope Wittsell (2009), Tyler Clementi (2010), Ashley Rogers (2010), Alexis Skye Pilkington (2010), Phoebe Prince (2010), and Amanda Cummings (2011).

Objectives of the Study

1. To study how the cyber bullying hurts and its effect.
2. To study the awareness of cyber bullying.
3. To study the preventions to be taken to reduce cyber bullying.

How a cyber bullying hurts?



Effects of Bullying:

Cyber bullying can happen anywhere at any time, even in places where you normally feel safe, such as your home, and at times you'd least expect, such as at the weekend in the company of your family. It can seem like there's no escape from the taunting and humiliation.

A lot of cyber bullying can be done anonymously, so you may not be sure who is targeting you. This can make you feel even more threatened and can embolden bullies, as they believe online anonymity means they're less likely to get caught. Since cyber bullies can't see your reaction, they will often go much further in their harassment or ridicule than they would do face-to-face with you.

Cyber bullying can be witnessed by potentially thousands of people. Emails can be forwarded to hundreds of people while social media posts or website comments can often be seen by anyone. The more far-reaching the bullying, the more humiliating it can become.

“While bullying through physical threats has long been a issue among teenagers, In recent years the cyber bullying has become more rampant, the cruel messages or rumors were send through computers and smart phone. “Even though there might not be physical injuries, cyber bullying leaves deep emotional scars on the victim.”

Caution signs of being cyber bullied are:

1. Appearing sad, moody, or anxious
2. Avoiding school
3. Withdrawing from social activities
4. Experiencing a drop in grades
5. Appearing upset after using the computer
6. Appearing upset after viewing a text message

Prevention to Stop Cyber bullying:

Don't respond: If someone bullies you, remember that your reaction is usually exactly what the bully wants. It gives him or her power over you. Who wants to empower a bully?

Don't retaliate: Getting back at the bully turns you into one and reinforces the bully's behavior. Help avoid a whole cycle of aggression.

Save the evidence: The only good news about digital bullying is that the harassing messages can usually be captured, saved, and shown to someone who can help. You need to do this even if it's minor stuff, in case things escalate.

Talk to a trusted adult: You deserve backup. It's always good to involve a parent but – if you can't – a school counselor usually knows how to help. Sometimes both are needed. If you're really nervous about saying something, see if there's a way to report the incident anonymously at school.

Block the bully: If the harassment's coming in the form of instant messages, texts, or profile comments, do yourself a favor: Use preferences or privacy tools to block the person. If it's in chat, leave the "room."

Be civil: Even if you don't like someone, it's a good idea to be decent and not sink to the other person's level. Also, research shows that gossiping about and trash talking others increases your risk of being bullied. Treat people the way you want to be treated.

Don't be a bully: How would you feel if someone harassed you? You know the old saying about walking a mile in someone's shoes; even a few seconds of thinking about how another person might feel can put a big damper on aggression. That's needed in this world.

Educate yourself: To prevent cyber bullying from occurring you must understand exactly what it is. Research what constitutes cyber bullying, how and where it occurs, and talk with your friends about what they are seeing and experiencing.

Protect your password: Safeguard your password and all private information from inquisitive peers. You don't want to give bullies the opportunity to post false/private/embarrassing information or pictures on your social media pages or send them to the whole school through email.

Keep photos PG: Before sending a photo of yourself to a peer or posting it online, consider if this is something you would want others to see, especially your family. Bullies can use this picture as ammunition to make your life miserable.

Pause before you post: Don't post anything that can compromise your reputation. People will judge you based on how you appear to them online, and like point #3, bullies can use it as fuel.

Raise awareness: Bring awareness to cyber bullying whether it be through a movement, a club an event or campaign. Knowledge is power.

Set up privacy controls: Restrict who can see your online profiles to only trusted friends.

"Google" yourself: Every once in a while search our name on all major search engines and see if any personal information or photos come up. If you find something that can be used by cyber bullies to target you, take action and have it removed.

Never open messages from people you don't know: Delete all messages without reading them from people you don't know, as they could contain viruses and infect your computer. The same goes for messages from known bullies. It is best to not engage and ignore them.

Don't be a cyber bully: Remember the phrase your parents instilled in you as a kid "treat other as you want to be treated". If you are mean to others online, it reinforces the idea that that kind of behavior is acceptable.

Log out of your accounts on public computers: Similar to not sharing your passwords, don't give anyone the least chance to pretend as you or to share false information. Also, by staying logged in, you run the risk of the bully changing your password and locking you out for a period of time.

Guidelines for parents dealing with a cyber bullying child:

Educate your child about cyber bullying: Your child may not know how hurtful and damaging their behavior can be. Foster empathy and awareness by encouraging your child to look at their actions from the fatality's point of view. Remind your child that cyber-bullying can have very serious legal consequences.

Manage stress: Teach your child positive ways to handle stress. Your child's cyber-bullying may be an attempt at relieving stress. Or your own stress, anxiety, or worry may be creating an unstable home environment. Exercise, spending time in nature, or playing with a pet is great ways for both kids and adults to let off steam and relieve stress.

Set limits with technology: Let your child know you'll be monitoring his or her use of computers, tablets, smart phones, email, and text messaging. If necessary, remove access to technology until behavior improves.

Establish consistent rules of behavior: Make sure your child understands your rules and the punishment for breaking them. Children may not think they need discipline, but a lack of boundaries sends a signal that the child.

III. CONCLUSION:

Cyber-bullying is a trouble affecting a meaningful part of youth as they embrace online communication and interaction. It is an act of a person, or persons, brutally attacking another through the usage of electronic media such as email, photos, social media, or video sharing sites. Malicious, hate-filled messages are directed at the bully's intention with the plan to criticize, humiliate, and defame the person. If accessible, videos or photos that describe vulgar or unsuitable behavior even when it does not exist are used to further their cause. The effects of these actions can have incredibly tragic repercussions for the youth they target. Depression, withdrawal, fear, decrease in school attendance, strained relationships with friends, extreme embarrassment, school relocation, drug use and even suicide are among the ramifications experienced by today's youth.

The child should not feel worse and blame themselves. No matter what a cyber bully says or does, the child should not be ashamed of who you are or what you feel. The cyber bully is the person with the problem, not the child. Don't make a cyber bullying incident worse by dwelling on it or reading the message over and over. Instead, delete any cyber bullying messages and focus on positive experiences. There are many wonderful things about the child so be proud of who you are. The child should find different ways to relieve stress and to make more resilient so that they shouldn't feel overwhelmed by it. Exercise, meditation, positive self-talk, muscle relaxation, and breathing exercises are all good ways to manage the stress from cyber bullying.

Cyber bullying it is ever-so important to actively participate in their lives, ask questions about what they are doing on-line and keep the lines of communication open. Only then, when we have an understanding of the significant influence that technology has on our youth, can we take the steps necessary to pull the plug on cyber bullying.

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