



Cyberbullying

By Josie Day



What is cyberbullying?

Cyberbullying is when a student use the internet, cell phones, or other technological devices to send or post text or images intended to hurt, embarrass, threaten, torment, humiliate, or intimidate their victim.



Cyberbullying Tactics

Gossip: posting or sending cruel gossip to damage a person's reputation and relationships with others

Exclusion: deliberately excluding someone from an online group

Impersonation: breaking into someone's online account and sending messages or making post that will cause embarrassment or damage to the person's reputation and affect his or her relationships with others

Harassment: repeatedly posting or sending offensive, rude, and insulting messages or posts

Cyberstalking: 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, which is then shared online

Cyberthreats: remarks on the internet threatening or implying violent behavior, displaying suicidal tendencies

Students Take on Cyberbullying

<http://www.youtube.com/watch?v=3WoP0y3SylQ>



What are the effects of Cyberbullying?

- Hurt Feelings
- Sadness
- Anxiety
- Depression
- Anger
- Shame
- Fear
- Frustration
- Low Self Esteem
- Trust Issues
- Poor academic performance
- Suicide
- Bullying others

Why is cyberbullying so hurtful?

Cyberbullying is more harmful than face-to-face bullying for many reasons:

- **Permanence:** The insults, comments or images can be preserved by the person who was bullied or by others so that the victim may read or view them over and over again and the harm is re-inflicted with each reading or viewing.
- **Audience size:** The size of the audience that is able to view or access the damaging material increases the victim's humiliation.
- **Familiarity:** Many young people are friends with or know their cyber bully either through school or other personal connections, increasing the potential for embarrassment and humiliation.
- **Social Networking:** Social networking sites such as Facebook and MySpace allow cyber bullies to engage in campaigns against a particular person which may involve many others.
- **Speed:** The speed at which harmful messages can reach large audiences also plays a major part in making cyberbullying so damaging to the targets.

Cyberbullying 101

http://www.youtube.com/watch?feature=player_embedded&v=0iwWxGNAMr0#!





Rachael Neblett

Rachael Neblett, a seventeen-year old student at Bullitt East High School. At less than 5 feet tall, her small stature was an advantage in gymnastics and cheerleading. It seemed Rachael could tell her parents anything. Or so they thought.

Because of her small size, Rachael was an easy target for bullies. In the summer of 2006, she began receiving threatening emails through her MySpace account. Rachael would keep this from her parents, maybe fearing they would make her close her MySpace account, or maybe she didn't want them to worry.

The emails were not the usual type of bullying. These notes had a stalking terroristic nature. Also, the person sending the emails was anonymous. Why Rachael kept going back and reading the emails no one will ever know. Maybe the fear of the unknown was worse than knowing the threat. Mark and Donna didn't ignore the problem. They went into action, taking the emails to the principal at Bullitt East High School. It was obvious that the bully was another student at the school, since the emails contained details of her movements during class and after school. The bully knew when she caught the bus and where she lived. The principal had school officials watch Rachael as she got off the bus and walked to class. But this did nothing to relieve Rachael's fear.

Desperation came early in October when Rachael received an email stating " I am not going to put you in the hospital, I am going to put you in the morgue." After receiving that email, Rachael did not want to go to school or go out with her friends.

On October 9, shortly after receiving the threatening email, Rachael took her own life.

Since Rachael had been receiving threats, her death was put under investigation by the Mt. Washington police. In the end, it was ruled a suicide. The toxicology report show no drugs or alcohol. No chemical reason for depression.

Mark and Donna feel certain that it was the cyberstalking that caused Rachael to end her life. No person was ever arrested. Even though the police know the computer from which the emails were sent there was not enough evidence to press charges

How to help prevent cyberbullying?



Encourage your students to...

- Block all communication with cyberbullies
- Do not forward any messages, comments, etc. that involve cyberbullying
- Always report any cyberbullying taking place to an adult
- Educate your students about the damages of cyberbullying

How to prevent cyberbullying continued...

Encourage parents to...

- Get involved in their child's cyberspace
- Open an account wherever your child has an account
- Know all your child's passwords in order to have access to all your child's accounts
- Check in weekly on your child's Facebook page or other social media pages

References

- www.ncpc.org
- <http://www.niot.org/front>
- <http://www.internetsafety101.org/cyberbullying.htm>
- <http://www.makeadifferenceforkids.org/index.php?id=8>
- <http://www.puresight.com/Cyberbullying/the-dangers-of-cyber-bullying.html>
- Google Images