

Bullying and Cyberbullying

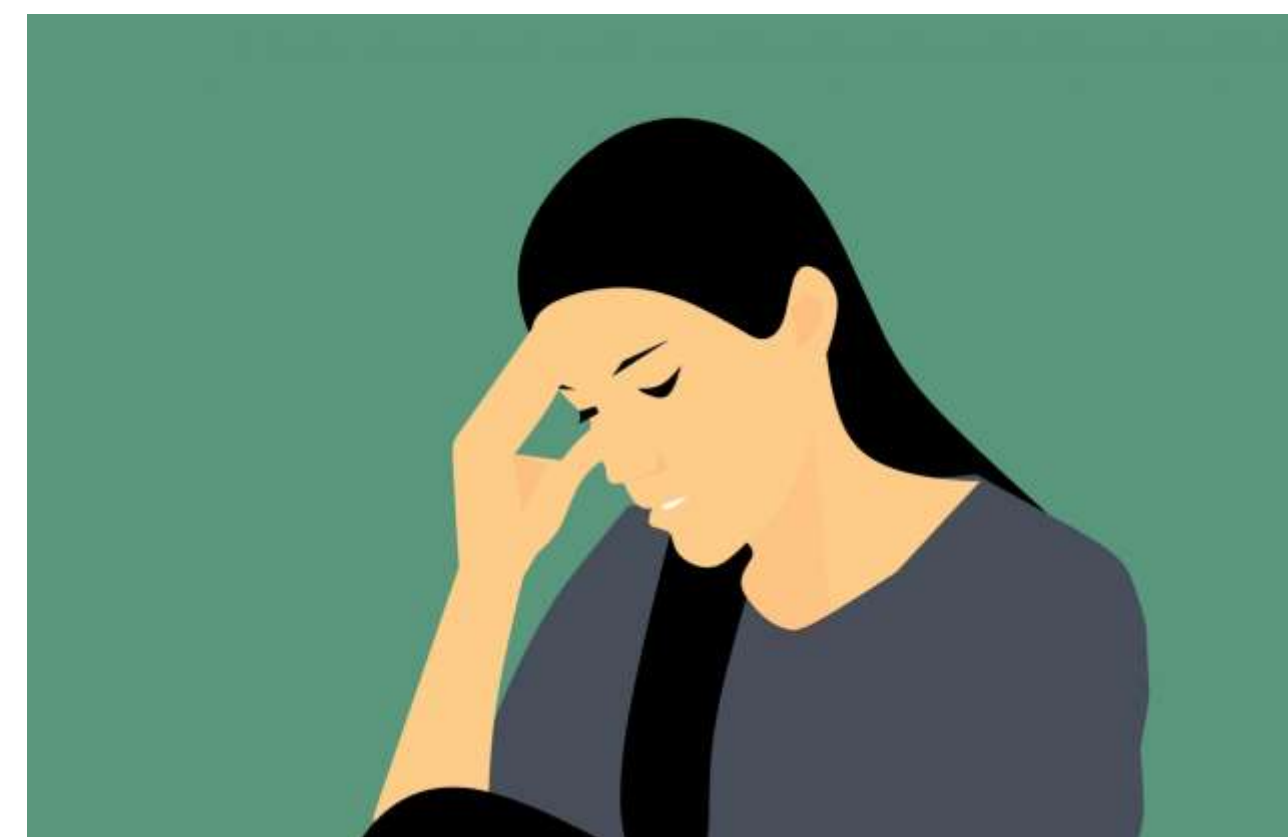
Bullying has been an ongoing issue all around the world in schools. The newest form of bullying in schools is cyberbullying. Cyberbullying has rapidly increased as technology has expanded. Cyberbullying happens in middle schools and high schools. Cyberbullying is targeted towards young adults between ages 11-19. Cyberbullying is an aggressive way to bully someone who cannot defend themselves online. It is done repeatedly over social media or texting. Popular social medias such as Facebook, Twitter or Instagram are just some of the programs that are being used to hurt people. Cyberbullying hurts a person's image and self confidence. There are many concerns in the schools regarding Cyberbullying. People who do cyberbullying look for people who are weaker than them. Very similar to being bullied in person. They look for physical strength, age, cultural and many other differences. The difference with cyberbullying is young adults can not defend themselves online. Cyberbullies tend to isolate themselves. (McLoughlin, Spears, Taddeo, Hermens 2018)



Concerns

As you can see below there is a list of just some of the concerns of cyberbullying in the schools. Cyberbullying has a negative impact on young adults and needs to be stopped in the schools. Cyberbullying can damage self esteem and social cognitive skills.

- Depression (Mental Health)
- Anxiety (Mental Health)
- Eating disorders/body Images
- Sleeping
- Weight Control
- Suicide
- Being afraid of relationships



Did you know

- It is common for girls to go online to do the cyberbullying while boys do the bullying in Schools.
- Ages 11-18 are the target age for cyberbullying
- Ages 12-15 are more than likely to commit or have suicide thoughts after being cyberbullied
- The thoughts of suicide affected them while they were at school.
- (Hindja, Patchin, 2019)
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- Studies have shown that not enough sleep can lead to hostility and will be used as aggression towards other individuals which turns into cyberbullying or bullying. (Baillen, De Witte, Errygers, Vandebosch, Vranjes, 2019)
- Anxiety levels of stress in 12-17 year old students
- (Hermens, McLoughlin, Spears, Tadde, 2018)
- 21% tried to commit suicide (Hindja Patchin, 2018)

Roles of counselors

- Creating a safe environment
- Sex education classes are available for support through school counselors
- School Counselors are required by law to recognize mental health in students
- School Counselors must advocate for systemic awareness
- School counselors are the link between parents, students, and other staff members of the school. They will work together to help solve the cyberbullying.
- School counselors must ask and educate themselves on cyberbullying in order to help stop cyberbullying.
- School counselors will be able to come up with strategies to help once the school acknowledges the issue. (Florang, 2020)



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