CYBERBULLYING AND BULLYING

CYBERBULLYING

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablet. It can happen through SMS, text, apps, online or gaming where people can view, or share content. Cyberbullying is bullying with the use of digital technologies. It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted. When bullying happens online it can feel as if you're being attacked everywhere, even inside your own home. It can seem like there's no escape.

EFFECT OF CYBERBULLYING

When you experience cyberbullying you might start to feel ashamed, nervous, anxious and insecure about what people say or think about you. You can lose your motivation to do the things that you usually enjoy doing and feel isolated from the people you love and trust. The effects can last a long time and affect a person in many ways:

Mentally – feeling upset, embarrassed, stupid, even afraid or angry

Emotionally – feeling ashamed or losing interest in the things you love

Physically – tired, or experiencing symptoms

BULLYING

Bullying is a behaviour by an individual or group, repeated over time, that is intended to hurt or harm another individual or group, either physically or emotionally. In a group the bully may have one or more followers who are willing to assist the primary bully or who reinforce the bully's behavior by providing positive feedback such as laughing. Individual bullying is usually characterized by a person using coercive, intimidating, or hurtful words or comments, exerting threatening or intimidating behavior, or using harmful physical force in order to gain power over another person.

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HOW BULLYING CAN HURT YOU

Bullying behaviour can be:

- Physical – pushing, poking, kicking, hitting, biting, pinching etc.

- Verbal - name calling, sarcasm, spreading rumours, threats, teasing, belittling.

- Emotional – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, and manipulation

- Sexual – unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.

DIFFERENCES BETWEEN CYBERBULLYING AND BULLYING

Bullying is way more different than Cyberbullying. When you are bullied you know who is hurting you, but in cyberbullying you don't know who it is and can identify with another person. Cyberbullying is on the social media and it can be more painful, but bullying is on the school, at the mall,etc.

HOW TO STOP CYBERBULLYING

It can be helpful to collect evidence – text messages and screen shots of social media posts – to show what's been going on.

For bullying to stop, it needs to be identified and reporting it is key. It can also help to show the bully that their behaviour is unacceptable.If you are experiencing cyberbullying, speaking to a trusted adult, someone you feel safe talking to is one of the most important first steps you can take.

Talking to parents isn't easy for everyone. But there are things you can do to help the conversation. Choose a time to talk when you know you have their full attention. Explain how serious the problem is for you. Remember, they might not be as familiar with technology as you are, so you might need to help them to understand what's happening.