

Cyberbullying

Student's Name or Students' Names

Department Affiliation, University Affiliation

Course Number: Course Name

Instructor's Name

Assignment Due Date

Cyberbullying

The term cyberbullying is prevalent in today's world. Although it is hard to find a consensus on the definition of cyberbullying, many people generally define it as the use of cellphones, computers, and other electronic devices to inflict willful and repeated harm on others (Englander et al., 2017). The harm is intended to shame, anger, and scare the bullies' targets. According to the United Nations Children's Fund (UNICEF, n.d.), some actions that cause harm include posting embarrassing photos of someone and spreading lies about them on social media. Other actions include impersonating others and sending threats. Moreover, sending mean and hurtful messages to people via messaging platforms is another action that causes harm to others.

Cyberbullying is a social phenomenon that is caused by various reasons. Lack of education is the first cause of cyberbullying. Education shapes people into conscious and ethical creatures who can control their urge to commit evil deeds. Lack of education causes people to tolerate evil deeds against them. This is because they do not have in-depth knowledge of what cyberbullying entails (Monni & Sultana, 2016). Secondly, moral degradation causes cyberbullying. If a person or society has an ethically degraded culture, everyone can commit any offense without repercussions. In such situations, cyberbullying is not condemned. It is paramount to establish morality and ethics for people and society to avoid actions such as cyberbullying. Relationship problems are also a significant cause of cyberbullying. Jealousy and break-ups are spheres of relationship problems causing cyberbullying (Monni & Sultana, 2016). Lastly, unawareness by guardians and family leads to cyberbullying. Parents, guardians, and other family members are responsible for protecting children from any form of bullying or harassment. Lack of care from family causes adverse physical and socio-psychological harm to children. Therefore, lack of family

collaboration or cohesiveness makes children divert their attention to the cyberspace, where they might be victims of online bullying or become bullies themselves (Monni & Sultana, 2016).

Cyberbullying affects a lot of people, including children, teens, and adults. With the rapid increase in technology and modernization, everyone with even a simple device as a mobile phone is prone to cyberbullying. It has many effects on people's day-to-day lives and leads to worry and distress (“Effects,” n.d.). Some effects of cyberbullying include low self-esteem, feeling ashamed and losing interest in things a person loves, losing weight and sleep, withdrawing from family and friends, and becoming a loner (UNICEF, n.d.). In some instances, cyberbullying has resulted in tragic events such as self-harm and suicide.

There are various means to prevent or stop cyberbullying. Some of the ways include privacy protection. Privacy protection, especially on social media platforms, is crucial in avoiding cyberbullying because controlling and limiting the information shared will limit the possibility of harm (Milosevic & Livingstone, 2018). It is important to avoid sharing addresses, phone numbers, and other personal information online, as cyberbullies can use this against the sharer in the future. Secondly, if someone is facing bullying, it is advisable to report it to the authorities or speak to parents about it (Milosevic & Livingstone, 2018). Counselling also helps people undergoing cyberbullying to feel better about themselves and find the courage to report it.

It is impossible to stop using technology today as it has become an integral part of our day-to-day lives. Technology has many advantages, but with everything good comes problems and limitations. Cyberbullying is one of these problems, and it needs society to fight against it collectively. When society cares for the well-being of one another, they will come up with measures to deal with online bullying and make the environment a safe space for everyone. Therefore, to stop this menace of cyberbullying, different societies must work together and

understand it is not a one-person problem but a problem affecting every person using the cyberspace, whether directly or indirectly.

References

Effects of cyberbullying - Family lives. (n.d.). Bullying

UK. <https://www.bullying.co.uk/cyberbullying/effects-of-cyberbullying/>

Englander, E., Donnerstein, E., Kowalski, R., Lin, C. A., & Parti, K. (2017). Defining cyberbullying. *Pediatrics*, 140(Supplement 2), S148-S151.

<https://doi.org/10.1542/peds.2016-1758u>

Milosevic, T., & Livingstone, S. (2018). *Protecting children online: Cyberbullying policies of social media companies.* MIT Press.

Monni, S. S., & Sultana, A. (2016). Investigating cyberbullying: Pervasiveness, causes and socio-psychological impact on adolescent girls. *Journal of Public Administration and Governance*, 6(4), 12-37. <https://doi.org/10.5296/jpag.v6i4.10132>

UNICEF. (n.d.). *Cyberbullying: What is it and how to stop it?* <https://www.unicef.org/end-violence/how-to-stop-cyberbullying>

WritingElites.net

The Custom Writing Experts

Need an Original, High-Quality, Plagiarism-Free Essay Like This One?

[Order Now](#)
