

# Cyber-Bullying

## **What is Cyber-Bullying?**

Bullying in schools has been around since schools began. Recently, there has been a new twist on the tradition of bullying, and its effects can particularly be seen in schools. Commonly referred to as “cyber-bullying”, new technologies, such as cell phones, and social media sites, such as Facebook, have allowed bullies to extend their reach beyond the traditional school yards.

## **How does Cyber-Bullying work?**

Using cellphones, text messages now can be sent to groups of other students to spread rumors or gossip much more quickly than by word of mouth. With social media sites, like Facebook, information and images about students can be posted, sometimes anonymously, for anyone to see. Information posed anonymously on the Internet can be particularly damaging, as this can prove more difficult to remove and can still show up years after the damage is done.

## **What can be done to stop Cyber-Bullying?**

Awareness about the destructive nature of cyber-bullying can be the first step in its prevention. Many schools also are now establishing rules about appropriate use of computers, cell phones, and other technology. Parents also can aid by recognizing if your child is the victim of cyber-bullying, or if they are participating in this practice against another child. Communities can help by working together to develop strategies to support students that are the victims of cyber-bullying, and can assist to change the attitudes of adults and other students who may be tolerating the bullying behavior in their schools or communities.

There are many resources available on-line about cyber-bullying, including the following:

<http://www.stopbullying.gov/cyberbullying/index.html>

<http://www.parentfurther.com/high-risk-behaviors/bullying>

<http://www.cyberbullyhelp.com>

<http://www.onguardonline.gov/articles/0028-cyberbullying>