

Bullying vs. Cyber Bullying

Cyber bullying, defined as when a child, preteen or teenager is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another person using the internet, interactive and digital technology or mobile phones, is becoming ever more prevalent in the global community. Over 200 million youths around the world are being bullied by their peers. All children need clear boundaries and guidelines for what they can and

“Nine times more likely to have suicidal thoughts”



can't do online. It can be seen that firm rules and restrictions need to be put in place

“Tormented, threatened, harassed, humiliated, embarrassed”

in an attempt to try to stop cyber bullying. This has been found with the realisation that youths who are bullied online, or through technology, are three times more likely to develop symptoms of depression, nine

times more likely to have suicidal thoughts and much more likely to remain victims throughout their adult life.

Ways to prevent becoming a victim of cyber bullying:

- ❧ Create firewalls and blockages on chat room style websites.
- ❧ Only add close friends on online social networking sites. Eg *Twitter*
- ❧ Supervise internet use of children under 15.