BUILDING A CULTURE OF KINDNESS: PROACTIVE APPROACHES TO COMBAT CYBERBULLYING AND SOCIAL MEDIA BASHING

by:
John Jorico M. Jaraba
Teacher I, Diwa Elementary School

Cyberbullying and bashing are common among netizens since people have embraced and adapted to the change brought by the 21st century digital age. These kinds of online harassment have done numerous damage among students, who are the most active users of all social media platforms. They are being disrespected, bashed, bullied, and intimidated by others, which leads them to experience more serious mental and emotional damage. This type of outcome from using social media is very alarming because if it continues, the future generation will be destroyed and inhumane acts will persist. In this case, here are the steps on how to properly handle and address social media bashing and cyberbullying among students:

Education and awareness.

The curriculum planner should include a more comprehensive education for students about the negative consequences and effects of online harassment. Raise awareness about the responsibilities of using the internet, which can shape their online behavior, empathy, and digital citizenship. Help them realize that the responsibilities of being a citizen and a netizen are equally important to practice.

Establish clear policies.

Implement clear and enforceable policies that will help to properly address cyberbullying and social media bashing. Ensure that every netizen understands the consequences of engaging in and practicing such bad behaviors. Enforce these policies consistently to protect the well-being of netizens.

Report and support.

Since this generation is considered a digital age where the internet dominates the world, why not create a safe and anonymous reporting system for the students to report instances of bullying? Encourage the students and parents to speak up whenever they experience or witness any online harassment, and assure them that their concerns will be addressed properly. Provide support services, such as counseling, for affected students.

Prevention and intervention.

Encourage a positive and inclusive school culture that discourages any online harassment in all possible ways. Foster open communication channels between students, parents, and teachers. Implement prevention programs, teach digital literacy skills, and intervene promptly when cyberbullying incidents occur.

By following these four general steps, any kind of online harassment can be prevented or at least reduced. This is a serious matter that should be addressed because it promotes negative effects among citizens. Through these steps, social media bashing and cyberbullying can be handled properly. As a netizen, creating a safer and more positive online environment for everyone should be prioritized.

References:

https://www.unicef.org/end-violence/how-to-stop-cyberbullying
https://files.eric.ed.gov/fulltext/EJ1053892.pdf
https://cyberbullying.org/advice-for-adult-victims-of-cyberbullying