

## GUARDING CHILDREN AMID CYBERBULLYING

by:

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The advancement of modern technologies has made society more complicated than before. The popularity of computers has led to children spending more time on them. Among other things, they use the internet more often to talk, watch movies, listen to music, and do research. They use the internet in so many different ways that sometimes they fail to recognize the negative consequences of their use. If we want to protect children's mental health, one of the most pervasive problems that needs to be addressed is cyberbullying.

Cyberbullying, sometimes referred to as electronic bullying, involves intentionally excluding others in order to damage that person's reputation, sending harsh texts or emails, and spreading rumors via social networking sites or email. Teens could use instant messaging, chat rooms, blogs, webpages, and emails to do this. Cyberbullying is a serious issue that affects both the victim and the cyberbully, also referred to as the one who commits the crime.

A person who acts in an unpleasant manner against another person online is known as a cyberbully. Cyberattacks often inflict more harm than in-person bullying because of being anonymous of the internet and the potential for children to act in ways they would never in real life. Attacks conducted online have the capacity to become self-sustaining. The victim is helpless to stop a harsh joke or false rumor from spreading quickly among peers and lasting forever on personal computers and mobile devices. It requires careful consideration because of the numerous detrimental effects it has on the victim. It also disturbs a person's mental condition. Many people are known to feel

hopeless after experiencing cyberbullying. Technology today allows someone to be persistently tormented in a variety of ways and from any location. Consequently, the victim could have a negative emotional response that ranges from intense rage to hurt feelings. It could also make you depressed or, in the worst cases, make you commit suicide. Lifelong psychological and emotional scars could result from this.

Nowadays, cyberbullying happens occasionally. Children are particularly susceptible to online violence because of their fragility and ease of access to the internet, which makes it very challenging to manage. By teaching parents how to cope with and prevent cyberbullying, the safety of children and young people—especially the most vulnerable ones—will be guaranteed. If their child is the victim of cyberbullying, parents should be aware of it and have tools at their disposal. Parents have a big impact on bullying. In addition to monitoring their children, they can act as a resource for reporting and intervention. Because bullying has shifted to home contexts through technology, it is now necessary to educate parents on how to recognize and prevent cyberbullying when developing intervention and preventive programs. Additionally, parents should become more familiar with their children's online pals. To stop bullying, parents need to be watchful and mindful of their kids' online conduct. They should speak with their parents about bullying if they think their kids are being bullied.

Teachers are important in helping students form healthy relationships and preventing conflict since they are educators and socialization facilitators. Teachers are often present when bullying occurs and are often the first individuals that students approach. Teachers may react in a number of ways following a bullying episode, including stepping in, observing, maintaining objectivity, ignoring the bullying, or making light of it. They can watch for instances of bullying, intervene to help the victim or the bully, and/or raise with the group the importance of a supportive learning environment in the classroom. Students want their teachers to intervene forcefully when bullying occurs.

Technology is amazing and offers pupils an extensive range of opportunities. For those who are the targets of cyberbullying, however, the misuse of the technology can be extremely distressing. Adults must support children and youth in developing a risk-awareness while highlighting the numerous educational and social options that are accessible. Fighting cyberbullying requires concerted social action since it is the unacceptable face of modern technology.

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