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Cyberbullying augmentative essay

Cyberbullying can be termed as a kind of bullying that takes place by the use of electronic gadgets, which include computers, phones, and tablets (Hunter, 36). Some types of cyberbullying include online threats, online rumors, and online harassment. However, people need to differentiate between a threat and a free speech. In recent years traditional bullying and cyberbullying have become common. However, no person has proposed better ways of solving cyberbullying. Bullying continues to grow, while only a few techniques have been suggested on how to solve the problem. However, Caralee Adams and Susan porter in their books "cyberbullying" and" why their approach towards cyberbullying is bad" the authors tell of the various strategies that can be used to solve the issue of cyberbullying (Schwartz, 111). Porter mainly majors in the physiological aspect of bullying, while Adam s primarily focuses on some steps that involve students and parents in ending cyberbullying (Schwartz, 34). The methods suggested by Careel Adam and Susan Porter are the best when it comes to solving cyberbullying. Thus cyberbullying needs to be addressed by involving parents and students and also using phycological and emotional methods. According to Susan porter, the effect of cyberbullying is usually emotional and phycological. Victims subjected to cyberbullying normally experience a lack of acceptance from their peers, leading to loneliness. This may as well lead to low self-esteem, which can translate to depression (Hunter, 356). It becomes challenging for the children to forget bullying experiences, which can lead to anxiety. Bullying can also lead to some psychosomatic problems such as sleeplessness, headaches, abdominal pains, and behavioral difficulties (Schwartz, 16). Cyberbullying not only affects Childs inner feelings, but it also affects his concentration on other things such as homework or family life. Victims of cyberbullying are also subjected to emotional issues. One of the psychological problems that victims of cyberbullying struggle with are safe. They develop fear about their security while at school or at home. Cyberbullying can also lead to suicidal thoughts. The greatest solution to cyberbullying is to try and prevent it in the first place (Schwartz,20). This can be through the use of e-safety policies or getting information from some informative websites (Schwartz 101). Various schools have come up with different e-safety policies to equip students with the necessary tools they need to be well versed with the digital world in understanding both the risks and the benefits. One of the significant solutions used to cyberbullying is blocking anyone that shows you some signs of bullying; also, you can choose to create panic buttons. Deleting abusive messages or stopping to use the internet for a while can be used to solve cyberbullying. As part of the psychological solutions, parents can play a huge role in preventing cyberbullying (Hunter, 34). They need to burn some websites and come up with an age limit of accessing the internet and the computer as well for their children. Parents who are not monitoring their children can easily subject their children to cyberbullying. However, grown-up is not in a position to deal with cyberbullying effectively when it occurs to them. Also, people exposed to cyberbullying are always encouraged to open up their issues to their parents and friends. Many children choose not to open up to their parents because they fear their parents will take their phones. One the other hand, people are advised to share their problems with their peers. Adults facing cyberbullying are always encouraged to look for a group of cyber mentors who usually monitor websites to give them emotional support. Peer leader can also help in preventing cyberbullying, by coming up with an awareness campaign on cyberbullying, teaching students on leadership skills, and promoting teamwork can significantly help in dealing with cyberbullying. However various social media sites help you to feel securethey have various built in tools for you safety.

 However, the emotional and psychological methods of dealing with cyberbullying may not be sufficient enough (Hunter, 45). For example, blocking does not necessarily solve bullying its self because bullies can still find their way. On the other hand, many young people don't like opening up their issues to parents or adults because of fear of being subjected to some disciplinary actions (Hunter, 78). Using peers can solve the problem for some time, but not that easy. It is difficult to open up cyberbullying issues to the same peers subjecting you to it. Although there are many strategies put in place to deal with cyberbullying, there is no strategy that has been considered as the best. However, various people suggest that schools are always in a position to come up with solutions to cyberbullying by creating an environment where relationships are valued and where conflict is solved in fairness and justice.

According to Adams, parents and students can significantly help in solving cyber bulling. Technology is essential when it comes to sharing and communicating information (Hanewald, 45). However, children are always taught to use various tools, and so should be when it comes to the use of the internet (Schwartz, 35). That’s why parents are encouraged to set limits to make sure that children have a good internet experience (Hunter, 44). As discussed earlier, cyberbullying can have a substantial adverse effect on anyone. That is why parents are always encouraged first to be well conversant with the technology. If parents must allow a kid to have my space or Facebook pages, they must have enough knowledge concerning those social networks (Hanewald, 24). They should have an interest in what their children are doing online (Hunter, 15). Parents should also go ahead and check the types of friends his child has online (Schwartz, 33). They need to teach their children the difference between a real friend and a friendly stranger who can easily change to be a bully (Schwartz, 117). Moreover, the parents should always be monitoring the relationship of his child with other friends online, wanting to know about their physical contact (Schwartz 13). Children also need to be advised never to give their personal information on social media pages. Various behavioral changes occur to a child who is being cyberbullied. Some of these behavioral changes include headaches, stomachaches, and insomnia. Parents should always be checking out for these signs in their children in case they are being bullied. Moreover, children in society today need to be taught how to speak up each time they faced with challenges of life. Most children don't open up about the various issues facing them in life. However, in case an adult is cyberbullied, maybe because of his language, racial, or body size, they also need to tell their friends or report the matter to the nearest police station. Some even need to get some phycological counseling. It is always challenging to deal with cyberbullying, especially if you are an adult, because some solutions that work for children may not work for you (Schwartz, 116). Besides, parents should love their children unconditionally. Showing your child love is on the way to promote a good relationship and also developing high self-esteem (Hunter, 100). Children with high self-esteem are not significantly affected by cyberbullying, and they can quickly respond to their bullies with confidence, knowing that they have parents that got their back (Rogers, 39). Parents also need to hold hands against any cyberbullying incidences in schools (Hunter, 117). They should ensure that their schools have come up with cyberbullying prevention efforts (Hunter, 89). They should make sure that schools have proper cyberbully prevention rules and policies. Adults that are subjected to cyberbullying are encouraged not to respond to this because the main agenda of cyberbullies is to have you react towards them. Moreover, adults are always encouraged not to seek revenge all react in a way that could lead to legal issues. However, they need to save those messages for future retrieval by taking a screenshot of the webpage (Rogers, 345). This is necessary just in case they choose to report the matter. Moreover, in cases of threats, they should report them immediately to the police station.

 Involving parents in solving issues of cyberbullying is a great idea; however, parents that do not have a close relationship with their children may not be in position to protect their children from cyberbullying. Besides, most young people do not like opening up their issues to their parents. No matter how much parents monitor their children, they still get to be subjected to cyberbullying in one way (Hunter, 77). For adults, it is tough to deal with cyberbullying. Because you are not supposed to respond, and by the time you are reporting the matter, you have already gone through some phycological torture. Some time phycological counseling may not help. On the other hand, various people, propose that for cyberbullying to be dealt with, there must be peaceful coexistence in society (Hunter, 66). Any person subjecting another to cyberbullying also needs a lot of counseling since he might be under the influence of drugs or hatred. Thus before a cyberbullied person decides to take action, he or she should check what cyberbullies were up to. Besides, people are encouraged not to hate themselves because of what others have said about them. Teachers have the responsibility of ensuring that students do not subject others to cyberbullying. Just in case a student shows signs of being harassed or cyberbullied, they should question the people involved. However, they should try and solve class issues in amicable ways, not cause conflict, which will translate to cyberbullying. Teachers should always try and protect the venerable students in school. A teacher also needs to come up with subjects that teach students the importance of love and unity amongst them. The teacher is also encouraged not to take part in cyberbullying in any way.

In conclusion, various methods have been used to try and solve cyberbullying; some have been somehow effective while others have not (Rogers, 38). Involving parents, students, and teachers can be termed as somehow effective but not fully effective because, despite such measures being put in place, children and adults still face cyberbullying (Rogers, 78). One the other hand solving cyberbullying using psychological and emotional methods cannot be termed as 100% effective (Hunter, 107). State laws have also been set that require schools to deal with bullying; however, they do not include cyberbullying (Schwartz, 98). The laws are also not specific to the various roles that schools should play in cyberbullying. Thus schools may choose to take actions using the local schools' policies they have. Some schools also only take action if cyberbullying affects a student's education (Hunter, 112). Each of the methods of dealing with cyberbullying leaves loopholes, where cyberbullying can thrive. It brings the issues of counter-arguments where some people believe that cyberbullying can only be solved by ensuring peaceful coexistence among people and even schools.

**Work cited**

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