

# THE ABW NEWS

www.endbullying.org.uk

@niabf

#RESPECT

28<sup>th</sup> March 2019

## RESPECT in the Cyber World

By *Nadine McAlister, Loreto College, Coleraine*



Having respect for others is important on or offline.

Having respect is thinking of somebody else's needs, showing appreciation, kindness and admiration towards themselves and others. Cyber bullying show no respect. They take part in the persistent online form of bullying. They torment others, intimidate others, they post nasty comments, embarrassing or inappropriate photos and can even threaten the victims who don't deserve this disrespect.

Cyberbullying results in lots of consequences and I don't feel that bullies today realise how serious, severe and important these consequences are. Bullies can be placed on the educational record when they've committed what is known as an e crime. This could drastically affect their future, the people they can work with and the occupations they have.

### Consequences

Being a victim of bullying can isolate you from everyone. You feel alone. 8 out of 10 adolescents don't actually feel that they can tell someone even their friends and their family. This can lead to anxiety, depression and suicide.

With the advancement in technology, the number of people experiencing bullying online is awfully high, with 19,000 ChildLine counselling sessions last year were from children and teenagers who were cyberbullied and needed support and advice on how to deal with it.

### Be smart

I personally think the most important thing about cyberbullying is your response; you need to be clever about it. The victim of cyber bullying shouldn't retaliate as you would be satisfying the bully by giving them what they desire: a reaction from you.

Everyone who owns an online profile should understand the responsibility this comes with. Information about you could be viewed by anyone. Once it is online, it is there forever. If you think smart about it and have your accounts on private, never give out personal information such as your location, address or passwords. You shouldn't experience anyone you are unfamiliar with messaging you!

People can also be stuck in a situation where maybe the person bullying them is someone they know but they are being black mailed with something that will embarrass them, which could possibly be personal information or inappropriate photos. In this circumstance, put an end to the threats sooner rather than later, **tell someone!**