

The Progression of Bullying to Cyber Bullying

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ABSTRACT: *The paper reviews current cyber-bullying studies, presented through a policy lens. It is clear that cyber-bullying public policy challenges include contradictions between the values of freedom of speech, the child's best interests, and the child's parental and school protective authority. The creation of an effective strategy involves a concerted effort including all stakeholders, politicians, school administrators, parents and youth, given the scope of the issue and competing values. Literature that delineates the distinctions between traditional bullying and cyber-bullying must be stressed, since the two are very different and must be independently handled and examined. Therefore, the following sections set out the cyber-bullying concepts and frameworks for policymakers, who contemplate new and/or updated policies, review the features of the issue and the psychology of Internet harassment, explain its physical and mental effects, and summarize the findings of recent cyber-bullying surveys. Finally, the article ends with suggestions on the implementation at the School Board and individual school levels of reasonable use policies, as well as family contracts for home use.*

KEYWORDS: *Bullying, Bullying Prevention, Cyber-Bullying, Humiliation, Loneliness.*

INTRODUCTION

Cyber bullying victims are often afflicted with intense psychological and emotional pain. This has led to tragic acts of physical violence in many instances. At least one or a combination of feelings of loneliness, humiliation and shame was endured by many of the victims. The press also wrote of some of the most appalling incidents of cyber bullying that have resulted in suicide [1]. For anxious parents and educators searching for answers, these findings are troubling. This research was also undertaken to provide teachers and parents an overview of some of the best strategies for developing a prevention program for cyber-bullying. The evolution of bullying and its connection to cyber bullying was studied to begin this report [2].

Bullying is a display of malicious acts that are antagonistic and premeditated. According to Dake, Price, and Telljohann, bullying happens when "another person is suffering from injury or discomfort." The bullying of emotional and physical harm has contributed to demands for legal action by society. Bullying has grown from a few in-person hurtful comments to multimedia contact that can be conveyed via numerous electronic channels. The basis of cyber bullying is the evolution of electronic communication. Via text messages, Twitter, and the Internet, cyber bullying takes place via cell phones [3]. "Breaking news reports" and special programming warnings about cyber bullying are regularly provided by the media. For starters, ABC News recently aired a two-hour 20/20 special titled "Bullied to Death in Schools in America." This documentary revealed that as a result of being bullied, at least 14 teenagers had committed suicide in the previous year. Dilmac has conducted multiple studies that have shown that cyber bullying is not only isolated in North America, but an international epidemic. In order to defend against such actions, government departments, schools and other places of employment have attempted to enact policies [4].

In many studies based on his expertise in this field, the researcher Dan Olweus, considered a pioneer in bullying research, has been cited. Olweus published his first book in 1973 titled, "Aggression on the Schools: Bullies and Whipping Boys". In the United States and other nations, this launched his forty plus years of investigating bullying issues. According to Hamarus and Kaikkonen, in his observations, "Olweus argued that bullying

involves a power imbalance." Olweus is noted as the first to introduce an anti-bullying initiative [5]. His design of anti-bullying covers classroom practices and can also be used in the workplace to help diffuse bullying operations. In the early 1980s, Olweus launched a movement to formulate legislation against bullying in schools, which have since been signed into law. Some schools have seen a 50 percent drop in bullying because of his job. The work done by Olweus has definitely won its merits and enhanced student safety, administrators and other educators have said [6].

A study was submitted by the United States Secret Service to examine the characteristics of students who have committed criminal offences and found intimidation to be one of the primary factors contributing to criminal behavior. The shooters had a history of being bullied in 12 of the 15 college shootings during the 1990s. In the past, bullying consisted of violence against the weaker opponent, coercion, and physical abuse. In schools or during the day, bullying was most common. The results lead to the stronger opponent's championship and often the confiscation of somebody's lunch money [7].

➤ *The Progression of Bullying to Cyber Bullying:*

Over the past thirty years, schoolyard bullying has risen in the United States, which can be related to the growing number of cases of suicide and homicide in some regions. When focusing on the reason for bullying, the response is generally something about the victim that they cannot modify or fix. Examples will be people who hate their hair colour, sexual orientation, body size or financial status. Some primary reasons for cyber bullying focus on interest in a male or female, appearance, race or ethnicity, and sexual orientation, according to research by 'Fight the Crime Teen' data. Safran cites the Deficiency Model of Social Skills, which theorizes that bullies victimize others to retain their power and social standing [8].

In physical, psychological and behavioral characteristics, the variations of victimization from elementary, middle and secondary schools conflict. Elementary students may indulge in calling and hitting each other with simple names. The middle school students have been given the opportunity to have cellular phones purchased by their parents usually at the urging of the child. The use of computers for elementary students in schools may consist of navigating through educational programs, while middle schools and high schools use computers to develop programs, papers, and have more freedom to interact with different websites. The difference in grade levels shows the needs for each group of children to be aware of computer etiquette and misuse [9]. Kids from different age groups can be impacted by bullying, despite the grade level. Since the late 1960s, this fact has been investigated. These students were limited to physical and verbal abuse of their peers due to limited access to electronic devices in elementary schools. Students have access to electronic devices to instigate cyber bullying in middle and high schools.

➤ *The Bullying Prevention:*

To eliminate this negative activity, the need for anti-bullying prevention initiatives is important. Policies have also been developed to resolve this social issue within local and state governing bodies. In order to protect kids, mandatory reporting laws put education personnel in positions. In addition, to impose stringent rules against bullying of all types, the Anti-Bullying Act was introduced. To help safeguard their websites, the European Commission has established strategies. Their idea is to inform users. For students, teachers, and parents, this safety measure was made. Schools must enforce teacher and student procedures and instruction and provide parents with guidance [10].

In Texas, a "Zero Tolerance Bullying Policy" has been implemented and applied by school districts. The "It's Not Okay Campaign" has been initiated by the Fort Worth Independent School District in Texas. The aim of this project was to help victims as well as to inspire people to talk about inappropriate activities they encounter. The

curriculum teaches students to recognize sexting, cyber-bullying, abuse in dating and other topics of awareness. In building self-esteem, self-efficacy, and confidence within the social environment, teaching acceptable student behavior is important. Many employers have signed up for employee wellness systems that address one-on-one therapy services for anger management, depression, domestic abuse and workplace issues.

➤ ***The Cyber Bullying in Pop Culture:***

This issue has become so relevant that pop culture has embraced it. A recent episode of *Glee*, *On My Way*, highlighted the harmful effects of cyber bullying when one of the characters was bullied for being found out to be homosexual. The Trevor Project Web Site, a national organization that helps LGBT suicide prevention, saw a 300 percent increase in visits after this episode aired. The ABC Family Movie “Cyber Bully” documented how a young girl’s character was damaged due to a misunderstanding with her friends. This illustrated the harmful effects of cyber bullying on the victim, the perpetrator, and others in the community. All, even those not directly involved, was affected in a negative way. A decline in her social standing in school was experienced by the survivor. Her parents had been filing for a divorce during this period. The victim intentionally misled her mother through a series of events and arranged to meet with new friends she met on the Internet. Ultimately, these friends turned on her and started cyber bullying her. Unfortunately, the victim plotted her death as the only way to escape her profound emotional distress. “Compared to non-victims, victims of bullying are more likely to report physical and mental health problems and contemplate suicide.”

CONCLUSION

Bullying has evolved from schoolyard fist battles to the assignation of electronic characters. Electronic contact etiquette has also been linked to the need and growth to protect victims. A significant factor in helping to reverse the incidence of cyber bullying in America and around the globe is the need for pupils, parents, teachers, workers and others to report harassment. For many parents or older adults, cyber bullying may be scary because of the lack of computer skills and knowledge; thus, enhancing their learning as a means of empowerment is important. The bullying prevention systems are designed to identify and redirect such victimization of the innocent. The performance of these policies is continuously being measured. By changing legislation and increasing support, federal, state, and local governments continue to concentrate on the importance of solving social issues. In the fight against bullying, these efforts can help. It is imperative to remain proactive in defending our children from cyber bullying as social networking platforms continue to grow and communication progresses in other countries. Cyber bullying's repercussions have detrimental effects on families and communities.

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