# INTRODUCTION

Bullying has been a persistent problem in our society for generations, causing physical and emotional harm to countless individuals. In the digital age, this issue has taken on a new and more insidious form known as cyberbullying. The rise of technology and social media has enabled bullies to harm their victims anonymously and with greater reach.

Bullying and cyberbullying are forms of aggressive behaviour that can cause significant harm to individuals, particularly young people's mental and emotional well-being. Both involve repeated, intentional acts of aggression or harassment towards someone, but they differ in the medium through which they occur. Bullying, whether physical, verbal, or digital, is a grave concern that affects individuals of all ages, leading to emotional and psychological scars that can last a lifetime. Bullying traditionally occurred in physical spaces like schools and neighborhood, but it has now extended its reach into the digital empire.

Bullying typically refers to repeated physical, verbal, or relational aggression or harassment directed at a person with the intent to hurt, threaten, or dominate them. It often occurs in physical environments like schools, workplaces, or neighborhood's.
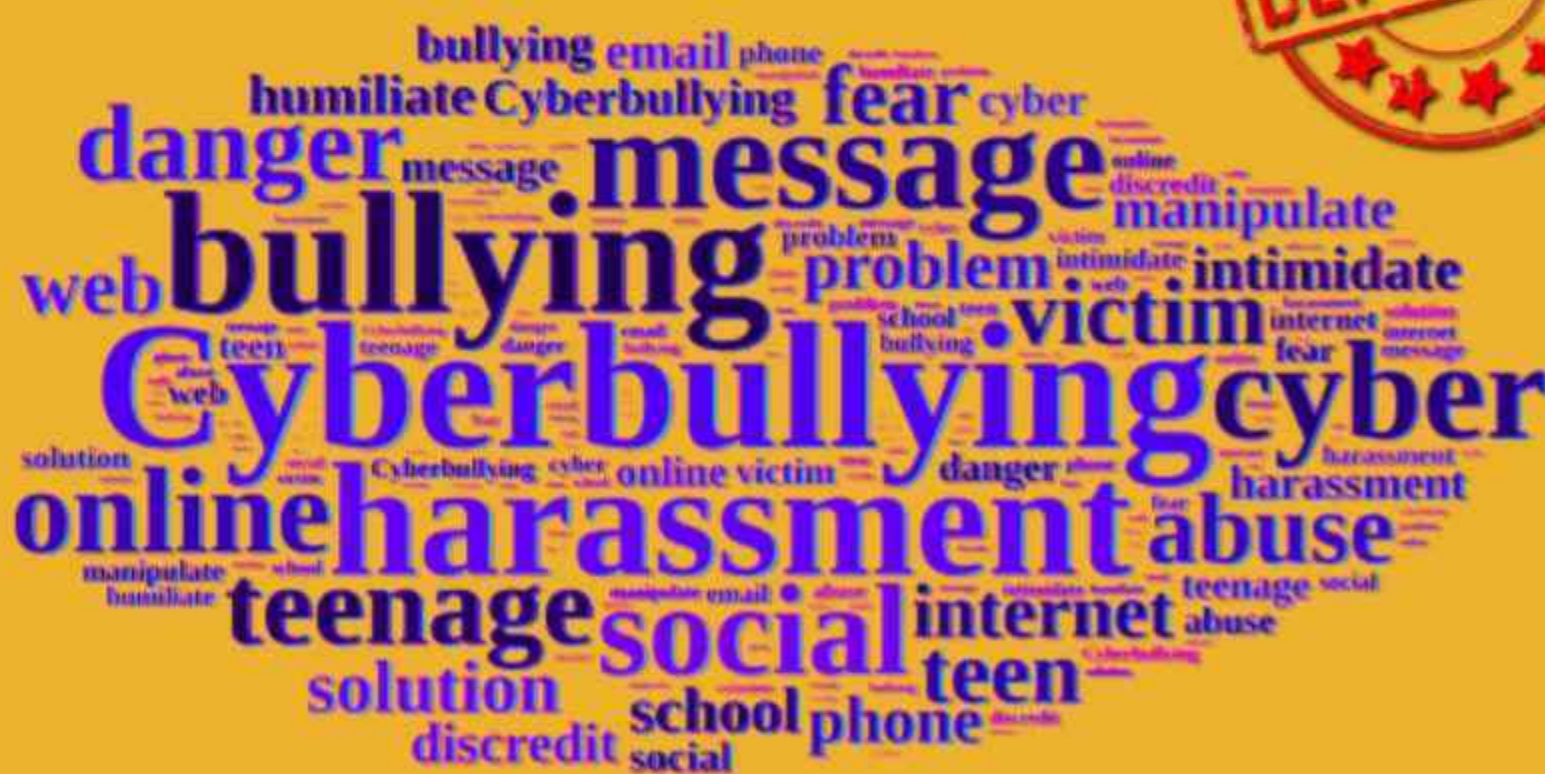
Cyberbullying is a modern indicator of bullying that occurs online through electronic devices, social media, or messaging platforms. It includes sending hurtful texts, spreading rumors, sharing embarrassing photos or videos, and other hateful online activities.

OBJECTIVE

Comparisons of Bullying and Cyber bullying

EFFECT's of Bullying and Cyber bullying

Safety Measures Against Bullying and Cyber bullying

Be Unique Hit Delete & Smile

Comparisons of Bullying and Cyber bullying

Bullying

- Face to face interaction
- Physical
- Confined largely to the public place
- Identifiable
- Power Difference
- Location – based
- Comparatively low
- Can find a safe space or escape

Cyber Bullying

- Digital Medium
- Anonymity
- Can occur anywhere at any time
- Trollers
- Widespread reach
- Internet – based
- Longer range of effect
- No safe space – hard to escape

BE proUD NO BULLIES allowed

EFFECT's
of Bullying & Cyber bullying

Bullying, whether in traditional or cyber forms, can have profound and lasting effects on children. Both types of bullying share some common consequences, but cyberbullying, which occurs through digital platforms, adds unique challenges due to its universal nature. Here are some effects of bullying and cyberbullying:

Emotional and Psychological Impact:
- Children experience heightened levels of depression and anxiety, leading to a decline in mental health.
- It can erode a children's confidence and self-worth, causing long-term self-esteem issues.

Academic Consequences:
- Poor Academic Performance
- School Avoidance

Social Isolation:
- Loneliness
- Friendship Difficulties

Physical Health Effects:
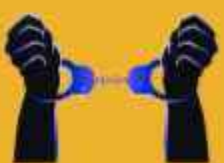- Stress-Related Illnesses such as headaches, stomach-aches, and sleep disturbances.

Long-Term Consequences:
- Behavioral Issues
- Increased Risk of Substance Abuse

Cyberbullying-specific Effects:
- 24/7 Nature, extending the duration of victimization beyond school hours.
- Anonymity

Legal Consequences:
- Legal Issues for Perpetrators

Physical Health Effects:
- Stress-Related Illnesses such as headaches, stomach-aches, and sleep disturbances.

Prevention and Intervention:
- Implementing anti-bullying programs and educating students about the consequences of bullying can help create a culture of respect.
- Providing support systems within schools and communities can help victims cope and recover.
- Parents play a crucial role in monitoring their children's online activities and fostering open communication.

Safety Measures Against Bullying and Cyber bullying

1 Establish clear policies in schools and institutions should have well -defined policies and procedures in place.

2 Ensure to educate about bullying and cyberbullying to students, parents and staff.

3 Create an environment where children feel safe reporting incidents of bullying. Ensure they know who to approach and how to report these incidents.

4 Don't accept friend requests from unknown people in social media.

5 Teach children about online safety, including the importance of privacy, not sharing personal information, and being cautious about what they post or share.

6 Schools and parents should actively supervise common areas like playgrounds, lunchrooms, and online activities.

7 Foster a culture of empathy, respect, and inclusion among students.

8 Encourage children to support others who are being bullied by teaching them when and how to step in or seek help from adults.

9 Do not go to meet a person whom you met online alone. Always take a friend or an elder person with you.

10 Learn to shout out for yourself when you are bullied

11 Schools and teachers should work closely with parents to address and prevent bullying, as parents can offer insights into children's behavior's at home.

12 Implement parental control settings on devices and apps to restrict inappropriate content and monitor their online activities. Ex: Block Site, Child lock, family guard parental control, Norton family, etc

13 Set boundaries for screen time and encourage a healthy balance between online and offline activities.

14 Educate children about responsible online behavior, including the consequences of cyberbullying and the impact it can have on others.

15 Be familiar with your child's online friends and connections, just as you would with their real-world friends.

16 Guide children on safe and appropriate social media use, including the importance of not engaging in or responding to cyberbullying.

17 Maintain open communication with children about their online experiences. Encourage them to report any cyberbullying incidents without fear.

18 Keep up-to-date with the latest social media platforms and apps that your child uses, and understand the potential risks associated with them.

19 Make awareness on Cyber Helpline Number - 1930

20 Ensure children are aware of mental health resources and encourage seeking help if they experience emotional distress via counselling.

Implementing these safety measures involves collaboration between parents, educators, and the community to create a safer environment for children, both online and offline. Regular communication and ongoing support are vital in ensuring the well-being of children and combating bullying and cyberbullying.

Cyber Caution: Online Safety Tips

01
PASSWORDS AND PRIVACY SETTINGS MATTER.

Choose strong passwords and never share them with anyone else. Regularly check your privacy settings, too.

02
WATCH WHAT YOU DOWNLOAD.

Some programs and apps carry malware and try to steal your information. Download content from trusted sites only.

03
BE CAREFUL WITH YOUR ONLINE SOCIAL LIFE.

Exercise caution with each online interaction so you can steer clear of scammers and fake users. Do not give personal information or send private photos.

04
SHOP SAFELY.

Shop from secure websites, and avoid saving your credit card information. Take time to read reviews and ask questions when making purchases.

05
THINK BEFORE YOU CLICK

Stay cautious of the unknown links you receive through emails or while visiting other web pages that are not secure enough.

06
THINK BEFORE YOU POST.

Be mindful of every post you create. Do not publish content you wouldn't want family, friends, and potential employers to see.

07
USE FIREWALLS & ANTIVIRUSES

With the help of antivirus software and firewalls, your system will be capable of defending itself.

08
KEEP YOUR SYSTEMS UPDATED

The older your system & its configurations are the longer the hackers have to find and exploit all the weaknesses.

References:
Ministry of Home Affairs Government of India
UNICEF web portal
Stopbullying.gov
Cybersmile.org
Cyberbullying.org

Reflections:

👉 How does bullying, whether traditional or cyber, affect children's emotionally, psychologically, and socially?

👉 How can we foster a sense of accountability among eyewitnesses to speak up against bullying?

👉 How can education and awareness programs be enhanced to reach a broader audience?

👉 What prevention strategies are most effective in addressing bullying and cyberbullying at the children and schools?

👉 To what extent is digital literacy emphasized in schools and communities? How can we strengthen support systems for individuals who have experienced bullying?

👉 What role can schools, families, and mental health professionals play in providing support?

👉 Are policies and educational programs keeping pace with the evolving nature of bullying?

👉 How can we promote empathy and inclusivity in schools and communities to create environments that reject bullying?

👉 How are we going to address mental – wellbeing of children?

👉 Do we have profession counselling centres to give proper counselling of affected children?

👉 What legal measures are in place to address bullying and cyberbullying? Are these measures effective, or do they need adjustments?

CONCLUSION

a BULLY WON'T WIN in THE end

The impact of bullying goes beyond immediate emotional distress, affecting individuals academically, socially, and psychologically. It can lead to long-term consequences, shaping the trajectory of one's life and contributing to mental health issues. Prevention strategies must encompass education, awareness, and the fostering of empathy and inclusivity. Support systems, both within schools and communities, play a crucial role in helping victims cope and recover.

As we reflect on the evolving nature of bullying, it is clear that continuous adaptation is essential. Strategies and policies must stay ahead of emerging trends and technologies to effectively prevent and address bullying in all its forms. Technology companies, in particular, bear a responsibility to create and enforce policies that discourage cyberbullying on their platforms.

HOMELINK NETWORK

HomeLink Network is an ongoing initiative started by DB YaR Forum in 2002, to ensure appropriate, timely and real-time response to the needs of the young at risk, based on accurate documentation and data analysis supported by the best of technologies available today.

WE WORK TOWARDS

- Developing data driven childcare system through documentation, research and networking

- Systematically documenting the systems, processes, and workflow of the organizations

- Data led intervention planning in organizations.

- Data driven advocacy and engagement with stakeholders and government on children's issues

- Harnessing current advances in digital technologies in the service of the work with young at risk

YaR DAY 20 23 24 & CAMPAIGN

HEALTHY MIND – HEALTHY LIFE

Strengthening Mental Well-being of Young Persons at Risk

LiveLifeFully   # ChildWellbeingMatters

Supported By:

Don Bosco National YaR Forum for the Young at Risk
C991 Don Bosco House SPCL Sector 7 Dwarka, New Delhi 110077

Prepared By:
Mrs. Jyothi Priya
Hub Coordinator, Chennai Province +91 98843 63577