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CYBER BULLYING

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ABSTRACT

Cyber bullying is when someone uses the internet or technology like phones, computers, to hurt, scare or upset someone else on purpose. It can happens in many places online like social media, messages or gaming. Cyber bullying is serious because it can make people feel really sad, scared or alone. It is important to be kind online and to tell a grown up if cyber bullying happens.

Some examples: Here are some examples -

- (i) Sending mean Text or E-mails.
- (ii) Posting hurtful messages on social media.
- (iii) Creating hate groups or websites.
- (iv) Spreading rumors online.
- (v) Whatsapp video call.

KEYWORDS

Doxing, Bullying, Cyber-Stalking, Cyber Harassment.

INTRODUCTION

A Cyber bullying is a form of bullying that happens online, through digital devices like smart phones, computers and tablets. It involves harmful behaviors such as sending mean message, posting embarrassing photos, or spreading false information about someone. Unlike traditional bullying, cyber bullying can happens anytime and anywhere because of the constant access to digital devices.

What Makes Cyber bullying Different?

- **Persistent:** It can continue non-stop and at any time of the day.
- **Permanent:** Once something is shared online, it can be difficult to remove and damage someone's reputation.
- **Hard to Notice:** It's not always visible to parents or teachers, making it harder to detect.

Effects of Cyber bullying: Cyber bullying can lead to emotional distress, including feelings of isolation, anxiety and depression. It can affect a person's self-esteem and can have serious consequences for their mental health.

Preventing Cyber bullying

- Be kind online.
- Think before you post or share something about someone else.
- Report and block any form of cyber bullying you witness.
- Talk to someone you trust if you're being cyber bullied.

How can schools/college/university address cyber bullying

Here are some effective strategies:

- **Educations & Awareness:**
 - (i) Provide classes or invite external experts to educate students about cyber bullying & its impact.
 - (ii) Foster empathy & teach digital citizenship to promote respectful online behavior.
- **Clear Policies:**
 - (i) Schools should have well-defined anti bullying policies that explicitly cover cyber bullying.
 - (ii) Ensure that these policies address both on-campus & off-campus behavior.
- **Reporting Mechanisms:**
 - (i) Establish clear channels for reporting cyber bullying incidents.
 - (ii) Encourage students, parents, & staff to report any instances promptly.
- **Support System:**
 - (i) Offer counseling services for victims of cyber bullying.
 - (ii) Train teachers & staff to recognize signs of cyber bullying & provide appropriate support.
- **Promote Positive School/college/university Climate:**
 - (i) Create an environment where kindness, respect & inclusivity are valued.
 - (ii) Encourage peer support & discourage harmful behavior.

Legal consequences of Cyber bullying

- **State Laws:** All fifty U.S. states have cyber bullying laws, but they have significantly.
- **Federal Law:** Unfortunately, there is no federal anti-cyber bullying law. However, some cases may overlap with federal discriminatory law harassment is based on factors like race, gender, or religion.
- **Victim Actions:** (i) Review social media platform terms of service and report violations.
(ii) Utilize blocking functions to prevent further harassment.

Cyber crime laws

- **CFAA (computer fraud and abuse act)**
- **SCA (stored communication act)**
- **ECPA (electronic communications privacy act)**

CONCLUSION

Remember, everyone deserves to feel safe and respected online. By understanding and addressing cyber bullying, we can create a better digital environment for all.

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