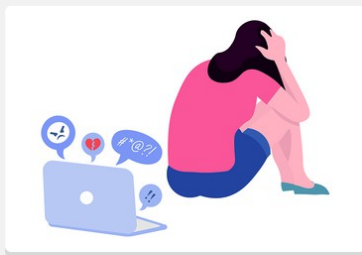# CyberBullying

The Effects Cyberbullying has on Young Teens Mental Health
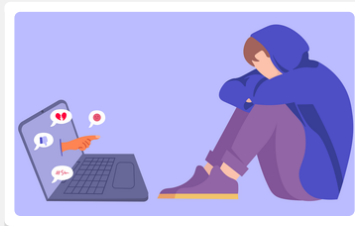
What is CyberBullying

Cyberbullying is a form of bullying and harassment on an electronic device. It can take place on social media platforms, gaming outlets, and/or texting. It is repeated behavior, aimed at shaming and scaring individuals online. Studies found that its easier to cyberbullying online than in-person.

Examples Of Changes In Behavior

Hiding Their Phone Or Computer Screen From View

https://savvycyberkids.org/2021/08/24/what-is-cyberbullying/

Withdraw From Society

https://www.webpurify.com/blog/40-statistics-about-cyberbullying-in-2021/

Grades Dropping

https://facingtoday.facinghistory.org/the-rising-threat-of-cyberbullying-amid-covid-19

The Issue

Cyberbullying happens more often than you think. 37% of young people between the ages of 12 and 17 years old have been bullied online. Most of people who have been bullied don't know how to get help from an adult or their teacher. 23% of students, half who have been bullied, reported that they have said or done something man or cruel to another person online. The more a person spends time on the internet is more likely to experience harassment online. The root cause of cyberbullying is that people feel more powerful behind a screen to make them feel better about themselves.

Our Goal

We feel that this issue is important to us because a lot of people our age suffers from it. We want to create a social media campaign to target youth in our community. By using the #BeYourself, we hope to reduce cyberbullying by making the internet a safer place for teens.

Take Action

Individuals:

- Talk to a trusted adult or parent that acts as a support system for you.
- Spread the word to family and friends
- Report the cyberbully so they can get banned either temporarily or permanently.

Local/State:

- The local government can help fund classes to educate people on cyberbullying.

House of seven

The Facts

- Only 1 in 10 teen victims will inform a parent or trusted adult of their abuse.
- 4 out of 5 teens say they would be more likely to intervene in instances of cyberbullying if they could do it anonymously.
- Cyberbullies may suffer from mental health issues because they were victimized in the past and still have emotional trauma.

Sources

StopBullying.Gov
https://www.stopbullying.gov/

Cybersmile
https://www.cybersmile.org/advice-help

National Bullying Prevention Center
https://www.pacer.org/bullying/info/cyberbullying/

Resources

https://www.dosomething.org/us/facts/11-facts-about-cyber-bullying
https://www.stopbullying.gov/
https://www.cybersmile.org/advice-help
https://www.pacer.org/bullying/info/cyberbullying/

About Us

We are group 2 and we call ourselves The House of Seven. Our group members include Sofhia, Charlotte, Bryson, Alfonso, Croix, and Mason. We chose cyberbullying to be our group topic because it affects people our age.

Sofhia likes to use special effects makeup, Charlotte loves traveling, Bryson likes to run track, Alfonso likes to play basketball, Croix likes to swim at her community pool, and Mason likes to swim as well.

What We Learned

Sofhia: "Cyberbullying happens to more people than I thought."
Charlotte: "I learned that people should be nicer to each other online."
Croix: "I meet a lot of people who wants to make a change to their communities like me."

Bryson: "I learned that girls get cyberbullied more than boys my age."
Alfonso: "I learned how to be an advocate for those in need of help."
Mason: "I can help and be an advocate for my community."

Sofhia, Charlotte, Croix, Bryson, Alfonso, Mason