The Negative Effects of Social Media and the Result to Cyberbullying
By Bianca Adamo

It is apparent that social media has rapidly transformed over the last decade. Technology and social media have many benefits to society and have enabled our society to develop in unimaginable ways. People are able to connect with others, collaborate with people more efficiently from all over the world, and grow in new innovative ways.

Contrasting to this view, there are numerous disadvantages due to social media including: depression, anxiety, behavioral problems, poor academic performance, and even suicide (Bergman, 2016). Another New York Times article states that the most current generation is more addicted to social media than any other generation (Jonah, 2017). With the rising use of social media and technology, the more prevalent cyber-bullying becomes as well.

A New York Times article titled Teens Hooked on Screens expresses that there is an even worse issue occurring along with teenagers’ addiction to cell phones. This issue they are referring to is cyber-bullying. This article introduces a word called cyber-victimization. The dictionary definition of victimization is “the action of singling someone out for cruel or unjust treatment”; therefore, cyber-victimization is this negative act happening over the Internet and other uses of technology.

There are many forms of cyberbullying including race, gender, appearance, sexuality, socioeconomic status, etc. Race-related online victimization is increasing according to The New York Times: “50 percent of adolescents of color reporting these incidents in 2013, up from 32 percent in 2011” (Bergman, 2016). Cyber-bullying can result to people developing esteem issues and mental health issues. Sadly, many victims of cyber-bullying commit suicide as well. How can we help stop this epidemic and help save the lives of those being affected by this injustice?

One way to help is to be aware of what people are doing online. If you notice a friend or family member bullying someone or saying offensive things online, you should tell them the effects they may be causing on other people’s lives. I firmly believe that we can stop cyber-bullying if people establish better rules about technology and its usage. Although social media can be used in positive ways, it is important as educators and people of the world to be cautious of
the negative effects social media has on people, especially our children in schools. The effect of cyberbullying continues into the classroom and can carry throughout one’s life. In short, it is imperative that we monitor screen time for our children so we can bring the percentage of people affected by cyberbullying down.