

## **Cyberbullying**

*By Emily Hernandez & Areli Vazquez*

Many people think bullying face to face is more dangerous, but did you know cyber bullying can be just as dangerous? The majority of the population doesn't take cyber bullying seriously, and they don't realize the harmful things it can lead to. But don't worry, there are ways to prevent it. In the following article you will learn more about cyberbullying and the dangers its victims face.

There are many issues that cyberbullying causes, the following three are examples of the negative effects that can happen. One of them is that it can drive kids to develop anxiety. Anxiety is a feeling of worry or nervousness, which people can develop because they have a feeling that someone is watching them just to judge their actions, which is what a bully does. Another negative effect cyberbullying can have on someone is depression. Depression can lead to "changes in sleep and eating patterns" (U.S. Department of Health and Human Services), addiction, and suicide among other things. Lastly, the victim's perspective on life can change because he/she can become more fearful of problematic social media.

Have you ever wondered why the person bullying you does it? It's a question many victims have. One reason why a person might bully another is that they could have been bullied themselves. They might think that in order to never be bullied again, they must bully other people, which is not a good reason. A different reason why they decide to bully is that they might be a popular person and they see it as a way to keep their reputation. Thirdly, bullies may not realize this, but they might bully a person to cope with their self-esteem. Lastly, people might cyberbully for entertainment to get a good laugh. If they wanted a good laugh, why don't they just go on the internet and watch YouTube.

Overall cyberbullying is not okay, and it needs to be taken seriously. The fact that it can hurt someone's feelings through a screen does not make it a good excuse.