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Cyberbullying

Innovative communication technologies have changed in our lives crucially. An easy platform for communication between people from different parts of the world has appeared, which is known as the Internet. Meanwhile, the negative impact of Internet technologies includes the lack of social F2F interaction, which hinders the skills of interpersonal contact. As a result, the number of Internet crimes against the individual is growing, which is sometimes not separated from the virtual image.

Nowadays, there are hundreds of ways how to cripple a person in the Internet that help cybercriminals. Starting from computer viruses, stealing passwords, money and personal information, ending with virtual persecution, the creation of conflicts between people, to inflect Internet users to suicide.

Cyberbullying as one of the cybercrimes is known as use of information technology to harass, threaten, embarrass, or target another person through e-mailing, instant messaging, chat rooms, social networks, websites, and mobile communications, including SMSs.

Such repeated aggressive behavior is directed to the variety of affective actions of a human among which there are 3 main ones:

1. imbalance of power (physical strength, social or status in a group) that can do a harm to a person;

2. bullying through Internet communication in a form of revenge for one person to another, using rude words, threats etc;

3. blackmail with any secret facts.

The victims of cyberbullying are mostly teenagers, because of the following reasons:

- A teenager has weak psyche which could be wounded or destroyed easier than that of an adult. Teenagers often exaggerate any problem due to their nervous system developing.

- Difference in the way of IT use by children if compared with adults. Modern kids use technology differently. They play games online and send texts on their phones at an early age, and most teens have devices that keep them constantly connected to the Internet. They are logged on to VKontakte, Odnoklassniki, Facebook or Instagram and chatting or texting all day long.

- The key problem is that "teenage victims" are afraid to seek help from adults, because they fear additional punishment - depriving them of the privilege of using a computer or mobile phone, which for many parents is a logical way out of this situation. Fear of losing access to virtual space makes it difficult to hide their problems.

Consequences of cyberbulling are different, but always negative. Chasing with cyberbulling can bring a person to a nervous breakdown, depression and serious problems with the psyche, including disorders. Moreover, long and continuous pursuit can lead a person to the idea of suicide.

There are a set of actions that could be used to confront cyberbulling:

1. Children should be taught from a very early age to use computers and the Internet safely;

2. Block the bully. Most devices have settings that allow you to electronically block emails or texts from specific people;

3. Limit access to technology. Although it's hurtful, many kids who are bullied can't resist the temptation to check websites or phones to see if there are new messages;

4. Keep the computer in a public place in the house (living room, kitchen), where, in parallel with their own business, adults can gently observe from time to time the reactions of the child when he is on the Internet, and it will also be easier to control the time with the computer. and put limits on the use of cellphones and games;

5. Use parental control options;

6. Provide emotional support. Bear in mind that to should minimize the aggression against the victim and put all the possible effects to overcome the problem.

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