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Cyber harassment

Recommendations to avoid or reduce risks among students

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It is the most common form of violence in our society, according to the National Association of school psychologists. Not to mention that, in recent years, it has reached epidemic proportions globally.

It's so commented bullying or harassment in the school environment, a major concern for parents, teachers and students. To what now also joined the 'cyberbullying' or cyber harassment, an equally dangerous modality is also cause for alarm in society.

"Cyber harassment is defined as damage deliberate and repeated, inflicted through the use of computers, cell phones and other electronic devices," says Dr. Sameer Hinduja, Co-Director of the Cyberbullying Research Center, Florida Atlantic University, and lecturer of the first annual Convention of development and youth welfare to be carried out on 30 September at Embassy Suites of Isla Verde.

According to Hinduja, the problem of harassment is when young people send hurtful text messages to spread rumors, using cell phones or computers.

"Children have also created pages in the ‘web’ or social networks mocking others." "With cell phones, teenagers have taken photos on a bed, a bathroom or other places where expected reine privacy and have posted them or distributed online", explains the expert, who has written two books on the subject and has done extensive research on the situation.

"More recently, some have recorded unauthorized videos of other children (or adults) and have uploaded them so that the world see them, sort them, categorize them and discuss them. Research has discovered a connection between cyberbullying and negative emotions such as anger and frustration, depression, low self-esteem, family problems, academic problems, school violence, crime and even suicide", explains Hinduja, after highlighting that there are many negative outcomes associated with cyberbullying that they reach the real world.

Among them, he mentions numerous examples of victims who feel depressed and frustrated. One of the examples is a teenager that he stated: "I hurts physically and mentally." It scares me, and removed me all my confidence. "Makes me feel sick and not worth anything". Another problem, added the expert, is that many children who experience cyberbullying also feel fear or shame to go to school.

"Research has discovered a connection between cyberbullying and low self-esteem, family problems, academic problems, school violence and crime." "Victims of cyberbullying report also have thoughts suicide bombers, and we are aware of at least six examples in which young people who have experienced cyberbullying finished removing life", says the expert.

Plan of action
The best plan that parents can be taken when his son is the subject of cyberbullying, Hinduja recommends, is to ensure that they feel protected and safe, as well as expressing unconditional support.

"Parents should show their children, through words and actions, both want the same outcome: stop cyberbullying and that life does not become more difficult", adds Hinduja, while it highlights that this can be achieved by working together to reach a mutually rewarding plan. To this end, it is advised that it is important to seek the child's perspective the on what it could do to improve the situation.

"If necessary, should explain the importance of a meeting with school administrators (or a master of confidence) to discuss the matter." Also, should be to contact the parents of the offender, and/or work with providers of Internet service, cell phone or service content to investigate the matter or remove the offending material. "You should contact is also the police when there is physical threats or possibly committed a crime", recommended by Hinduja.

The researcher also advised parents educate their children about appropriate online behavior and monitor their activities when they are connected.

"This can be done informally (through active participation in the online experience of his son, which is what we most recommend them) or in a formal way (via a ' software')", explains Hinduja, who also recommended to cultivate and maintain a line of communication open and honest with their children so that they are willing to talk if they experience something unpleasant or disturbing in cyberspace. The expert also advised to teach and reinforce values, such as the of treating others with respect and dignity.

**Education for children**

On the other hand, it emphasizes Hinduja, children also need to learn that the actions improper, either by internet or through mobile phones, will not be tolerated. While the victims of cyber harassment (and viewers who are watching) must know with certainty that adults will intervene in a rational and logical manner and will not allow the situation to worsen, emphasizes the researcher.

But also stresses that if a parent discovers that his son is harassing to another, must before anything talk to him and explain how such behaviour inflicts damage and causes pain in real in cyberspace world.

Depending on the level of seriousness of the incident and if it appears that the child has understood the inappropriate nature of his behavior, you should know that there are consequences." If the incident has been particularly serious, parents should also consider installing software to track or monitor what the child does. "Also is essential that parents put more attention to the activities by Internet and cell phone for their children to make sure that they have internalized the lesson and they are acting in a responsible manner," says Hinduja, who believes that schools must also educate the school community about online safety and responsible use of internetsays Induja.

"Students need to know that all forms of cyberbullying are bad and that those who adopt behaviors of harassment and threats will be subject to disciplinary action." "It is important to discuss topics related to the proper use of communications technology in the various areas of the general curriculum online", it highlights Hinduja, after recommending that these messages are reinforced in the classes who regularly use technology.

**More information**

If you want to know more about the subject, please visit the website for Cyberbullying Research Center - www.cyberbullying.us.

The first annual Convention of development and youth welfare, hosted by Parenting Resources, carried out Friday, September 30 at Embassy Suites of Isla Verde, from 8: 00 a. m to 5: 00 p. m. The Summit is designed
to train health professionals, teachers and parents on the subject of "cyberbullying" and cybersecurity. More information with the DRA. Maribel Gonzalez at 787-529-3050 or send a message to parentingresources@gmail.com tickets can buy them directly at www.prticket.com or by calling 787-303-0334