

Bullying and cyberbullying and
the roles of the school psychologist

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Course

Date

Abstract

This paper explores bullying and cyberbullying in our time in a society. Basically, this notion of inherent among teenagers, that is at schools, colleges and universities. The article examines the behavior of children when they are watching the situation bully and the victim. And discusses mental disorders and the effects of bullying victims, and how to avoid the subject of further aggression in the child who plays the role of bully. In this article I reveal the topic of cyber bullying and harassment and of course the role of the psychologist in this field. Also, there are available are details, history, statistics, tips on how to avoid and prevent cyber bullying. And what actions should be taken in the event of such situations. The rights, human dignity and how is the law protects against the violence, intimidation and bullying via the Internet. Some teens are not even aware that they play the role of bullies, and a joke on the Internet can turn into criminal responsibility.

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Based on the different types of information, resources and facts a student can predict certain situations that arise in the future. That is, analyzing the facts can easily predict events. Because a student is an adult member of social public, he has the ability to perceive reality. Also, a student can clearly identify the subject of national, local or local prospects. It is able to collect, absorb and filter information. It gives him the opportunity adequately to think and not rely on inaccurate facts.

History of bullying and cyberbullying

Richard Donegan in his work "Bullying and Cyberbullying" says:

Bullying has been engrained in American society since the country's founding. Bred from a capitalistic economy and competitive social hierarchy, bullying has remained a relevant issue through the years. Technological bullying, known today as cyberbullying, has allowed the problem to expand, become more elusive, and even harder to define.

(Donegan R, 2014).

Social media sites, especially Facebook and Twitter, cell phones, chat rooms, and other forms of technology have allowed bullying to expand into cyberspace. This new form of abuse we call as cyberbullying. In our days, hooligans do not even need leave the house for finding a prey for bullying. Instant messages and posts have a big negative impact in this area. Assume any photo of a victim can be found and published with a jeer or unpleasant signature on the photo. One can just send a photo to others easily and the victim would be under of public discussions. Such situations can cause negative emotions in the victim and lead to irreversible consequences.

The effect of the hooligans on the scope of school psychology and the roles of practicing school psychologists

In opinion of National Association of School Psychologists, Bullying is always a serious problem in schools, and it can includes physical threats, teasing and harassment. It is estimated from fifteen to thirty percent of students are bullies or victims. Cyberbullying

happens when a children, preteens or teenagers bullied by another children, preteens or teens using the Internet or modern technologies. Therefore, most cases of bullying unfortunately we can observe in schools. On the one hand, every day, students learn valuable skills and have lessons with their teachers and interaction with their peers. In the other hand, although, the school is unquestionably useful for young people, but there are some experiences such as bullying, which can affect children that may negatively affect and stick with young person for the rest his life in society. To prevent harassment, bullying and other negative effects of the interaction of teenagers there are working school psychologists that help avoid and solve problems.

I think it is very fitting that in every school there are psychologists. Because the topic of bullying can not be solved without the help of psychologists. It is the problem not only the victim but the hooligan. In such situation requires delicate and professional solutions. Also, school psychologists should pay attention to the prevention of bullying and cyberbullying.

The study of bullying and cyberbullying. proposals to improve the prevention of these problems

Studies have indicated that the number of youth reporting cyberbullying instances varies greatly depending on the definition of the term and the age of those surveyed. In the following study, Sameer Hinduja and Justin W. Patchin, of the Cyberbullying Research Center, sampled 4,441 teens, ranging in age from 11 to 18, from a large school district in the southern U.S. In this study, the researchers defined cyberbullying as “when someone repeatedly makes fun of another person online or repeatedly picks on another person

through email or text message or when someone posts something online about another person that they do not like” (Hinduja & Patchin, 2010c, p. 1 Although, technology progresses, local and anti-bullying policies and laws should continue to evolve at a parallel rate. Many of the issues faced by federal and state governments concerning cyberbullying are avoidable for schools and communities at the local level through the implementation of procedures to limit the effects of cyberbullying. Each person who deals with children must know the bullying or harassment law specific to his or her state, the physical and emotional signs of bullying, and his or her community or school prevention plan, including how to deal with and report a problem. In addition, there are some good tips to prevent cyber bullying :

1. Do not post personal information;
2. Check the TO: field;
3. Do not be gullible;
4. Do not respond to an angry message with anger;
5. Never open messages from strangers;
6. Do not forward chain mails, hoaxes or long emails;
7. Use the BCC: field when forwarding messages;
8. Proofread your messages;
9. Beware of certain topics;

10. Do not post anything that is very private.

Things that psychologist can do to prevent bullying and cyberbullying

Education World has presented some things that teachers and school psychologist can do to prevent bullying. First of all, this topic needs discussed, a psychologist can think of rules against bullying in school, explain that bullying is unacceptable and discuss with students about incidents and consequences of bullying. Secondly, the psychologist or class teacher can teach students cooperation by assigning projects that require teamwork. Such kind of work teaches students how to compromise and how to avoid conflicts. One of the main things that we can teach students it is how to act when they are watching the situation bully and victim. School staff should observe students behavior in school.

School staff and teachers should let students know that they care about everybody and nobody will be able mistreated. Adults must support both victims and those who inflicted harm. Carefully investigate every incident, seek what summoned an unpleasant situation and search ways to solve it. Do not quarrel with bullies, they also need our attention. With these children need to be softer. Otherwise, they will become more aggressive. Anyway, we always must inform parents of bullies and victims about conflict.

References

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