

Deciding how to respond to a cyber bullying situation

Responding to a cyber bully situation Cyberbullying is when people send, post, or share negative, harmful, false, or mean content about someone. It can cause embarrassment and humiliation. Cyberbullying can be a serious issue that can have a big impact on mental and emotional well-being. I am being targeted by a bully online via snapchat and they are threatening to post pictures and news articles of me and my family and share personal information unless I do what they say, which is break a car window at night and record it. They are constantly sending me mean messages online and sending me links to old articles about my mum in order to bait me. It's making me feel really upset and stressed out and I am considering doing what they are asking even though I know I shouldn't. This situation is seriously affecting my mental health and overall state of mind. I am already an insecure person so being bullied like this is really hurting me. Dealing with cyberbullying is tough, but I know it's important to take it seriously and ask for support when I need it. Remembering that my mental and emotional well-being is important, and I should not hesitate to reach out for help when it's needed.

When I think about it I feel like the biggest impact is on my emotional wellbeing and my state of mind. Cyberbullying is really affecting my mental health, my self-worth, and my happiness. My emotional well-being is always a top priority for me, and it will continue to be when making a decision on how to deal with my online bully. I also need to really consider my physical safety. If I decide to engage directly, I need to think about what might happen and consider if the bully would potentially escalate the situation. Would engaging put myself in danger?? They also have my snap chat which shows my location. This could put my safety and my families at risk. Thinking about my personal safety when deciding how to respond is something that will be a big factor in the decision-making process. Do I have friends and family members that I can trust and that I can speak to openly without feeling embarrassed and which person will provide me with the right guidance and emotional support when dealing with this online situation. How often is the cyberbullying occurring and are the messages and threats getting worse as time goes on or has it started to get better after ignoring them. If the bullying is continuing no matter what I do, then this will help me determine which approach to take.

The impact on my emotional well-being played an important role. Cyberbullying is causing me emotional distress, anxiety, and depression, it prompts a more intense response. Prioritising my mental health and taking actions to protect it will be a driving factor in deciding how to address the bullying. My personal safety is very important. If cyberbullying is threatening to my physical or psychological well-being, it may lead my decision towards seeking help and support from higher level authorities like the police. Making sure I am safe may involve avoiding direct confrontation and opting for decisions that minimise any potential harm. My personal support system would definitely influence my decision-making. Having friends and family members who can offer guidance and emotional support can empower me to take the right action. Their input and perspective will impact my decision to confront the cyberbully or seek alternative solutions. The severity and frequency of the cyberbullying will influence my response. If the harassment is constant, escalating, or causing me harm, it may

mean that I need to take a more assertive approach, such as involving authorities or reporting the issue to the relevant online platforms. Understanding the seriousness of the situation will help me determine the appropriate level of intervention required.

When I think about the decision-making process and deciding on how to respond to cyberbullying, I think it is really important for me to consider what the wider impacts will be on my values, personal and interpersonal factors, and also the short and long-term consequences.

The decision-making process helps guide me to make the best decision for myself on how to respond to my bully. It helps me to take time to think the situation over and also discuss the bullying with my mum before I jump to a course of action. I need to fully think the situation through and make sure my emotional wellbeing is a priority and think about the impact on my mental health and my anxiety.

Taking these steps and working through the process means that I can make a decision that aligns with my personal values that really mean something to me like having empathy, kindness, and respect for myself and others. Asking for support from my mum and my family will help me to feel stronger and more resilient against bullying like this in the future.

My decision to ask for support from my mum and my family can have immediate positive effects like relief from the bullying, as well as long-term impacts such as improved self-confidence and self-worth. It will also make me stronger for overcoming this uncomfortable and stressful situation. By taking action against cyberbullying, I will be making a safer online environment for myself and others and help raise awareness about the issue. Together, it can make a difference and create a space where cyberbullying is less tolerated and victims of bullying like me can receive the support they deserve without judgement.