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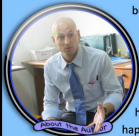
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Hello! My name is Landon and I am an academic graphic and materials designer working in Asia. I have been in the education field all my career and have held a variety of positions within the industry. I studied acting during my undergraduate studies and went back later to earn a graduate degree in education with a specialization in curriculum design in 2012. I have worked in four different countries and taught a variety of nationalities. My students and co-workers are at the heart of everything I create, and I am always available for support. If you have any questions, feedback or ideas please get in touch with me and I'd be happy to listen. Thank you! [landonseigler@yahoo.com](mailto:landonseigler@yahoo.com)



# "Why is cyberbullying a problem and how can it be fixed?"

Write an essay stating the problem and offering solutions.

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Schools have the luxury of implementing rules and policies that can quickly identify bad behaviour, such as bullying, and stop it in its tracks. But what happens when bad behavior like bullying is done anonymously? Cyberbullying, a growing concern for schools and society, is a type of behaviour that is exasperated in an online environment due to the anonymity with which people use the internet. With little-to-no way for people to physically see the harm they cause another person, a growing lack of empathy begins to build in an online setting and contributes to the even greater concern of anonymity; rules are more easily broken when the prospect of getting caught diminishes.

One useful suggestion to this problem is for parents (and schools) to take the education of young people regarding behavior on the internet more seriously. With a greater amount of young people using the internet at earlier ages, it is no longer enough to discuss bullying without addressing its implications online. Reasons cyberbullying happen in the first place can be discussed with parents and their children, and special attention can be given to the victims of cyberbullying and the ways their lives may have been affected. This has the benefit of foresight, too, and gives potential victims of cyberbullying strategies to implement that may stop the behaviour before it gets worse. It is always easier to say *'don't engage in the dialogue'* or *'just log off'* but having the wherewithal to follow through with it during times of stress can be challenging. This is why education towards identifying the beginnings of cyberbullying behaviour – and how it happens in the first place – can go a long way into bestowing people with these strategies and closing down this virtual outlet before it grows further out of control.

The situation could further be improved with stricter limitations from parents as to the types of websites their children visit, as well as the frequency of time spent cultivating their identity while online. Social media by far reports the highest instances of cyberbullying and it is also highly addictive, especially with the number of social media websites on the rise. Being honest about the time a person spends online and understanding that the types of interactions one has, whether they be online or off, shape a person's behaviour can help young people learn better relationship-building strategies and grow in emotional intelligence. In this way, people become better supported as a community and more willing to contribute positively. Limiting the time a teenager spends online is no easy task, though. There are a handful of helpful websites and even some apps that parents can download to help them manage their child's cyber usage and growing cyber identity.

A final solution to the problem of cyberbullying may be in how people as a whole respond to it. As stated in the introduction, it is far easier to break a rule when the presumption of getting caught is low. If groups of friends were to come together and take a stand against cyberbullies, this may help to dissuade those who transgress online from engaging in the behaviour in the first place. Simply having the conversation with friends about what to look for in online behavior along with steps they could take collectively to confront it may work in limiting the places a cyberbully could hide. A plan could be drawn up and, should an incident occur, a hotline of friends could be called to help support those in need. Doing this has the potential to greatly reduce the frequency of cyberbullying behaviour.

In summary, through anonymity online and the inability to see the harm one does, bullying online is exasperated. Though three solutions were offered to help with the issue, the most practical solution – and the one that may reach more people in less time – is the first one: education about cyberbullying. Families and institutes of education should prioritize this important conversation when discussing proper behaviour between people and teaching them that though they might be interacting online, words can still have a devastating affecting on the life of another. As the world becomes increasingly cyber, this is not only a primary objective; it is one that best serves our humanity.

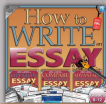
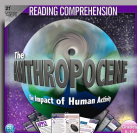
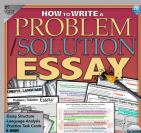
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