

# Cyberbullying: Forms, whys, Fallouts, and Game Plan to Create Safe and Positive Online Environment

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## Outline

### 1. Introduction

A. Definition of Cyberbullying

B. Recent emergence of cyberbullying

C. Thesis Statement: Public at large

is falling victim to cyberbullying at various social media platforms. It has detrimental impacts (on victims) and society. Devising a prudent plan can minimize cyberbullying, and thus can make online environment safe.

### 2. Understanding Cyberbullying?

### 3. Various Forms of Cyberbullying

A. Harassment

B. Cyberstalking

C. Outing

D. Blackmail

### 4. Why Do People Do Cyberbullying?

A. Taking revenge on someone

- Pew Research 2023

B. Power and control victims

case in point: Human Rights Commission

of Pakistan

C. Finding entertainment in causing distress (survey of Black Lives Matter)

- confessions by perpetrators

D. Attention Seekers

E. Lack of empathy

### 5. Detrimental Repercussions of Cyberbullying

A. Social Isolation of victims



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Case in point: Amanda Todd Case

B. Deterioration of mental health  
- Pew Research

C. Damage to reputation

- Leaking personal data before everyone

D. Unable to focus on professional life and career

Case in point: Report by Social media victims Law Center

### 6. Devising a Plan to Create Safe and Positive Online Environment

A. Establishing and developing cyber-bullying cells

B. Strict accountability for online crimes

C. Awareness campaigns aimed at awaring people of heinous online crime and its rigorous punishments

### 7. Conclusion

#### Essay

Along with ample opportunities and benefits, social media and the internet have posed serious <sup>threats</sup> challenges. The most haunting one amongst those is the threat



of cyberbullying: Cyberbullying is the use of internet and social media to harass, threaten, intimidate and harm people. It involves sending of hurtful messages, leaking of sensitive information and impersonating others. Perpetrators, unlike before, have now a platform with loose accountability and without involving themselves physically to commit a crime. They do cyberbullying for taking revenge on someone, for controlling the victim, and, surprisingly, they find it entertaining to cyber-bully someone. Cyberbullying can have severe consequences for the victims; which can result in deterioration of their mental health, social isolation from society, and a serious damage to their public reputation. Therefore, it is high time to devise a plan to curb this threat. This would require establishment of cyber-bullying cells and punishing the perpetrators rigorously. The essay will shed light to the increasing threat of cyberbullying, its reasons and impacts and will provide a plan to deal with it.

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Cyberbullying is an online crime committed with the help of internet. It takes place on internet where perpetrators blackmail victims, harass them, intimidate them and provide harm to them. The emergence of cyber-bullying dates back to the emergence of social media's platforms like Facebook, Instagram, Twitter and whatsapp. The crime of cyberbullying is aided by the weak checks put in place by these social media's platforms; it helps perpetrators' escape accountability, conceal their identity, and create a fake profile of victim. Thus, cyberbullying is increasingly happening in society.

The crime of cyber-bullying takes place in various forms. These can also be said the types of cyberbullying. By using these forms of cyberbullying, the perpetrators commit the crime and



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harass and intimidate the victims.

The prominent forms of cyberbullying are following.

First and foremost is harassment, where the perpetrator sends repetitive threatening messages, calls, and comments online with intent to distress the victim. The repetitive calls, messages and comments torture the victim and cause high level distress.

It is the prominent and mostly used form of cyberbullying. It is most of the times used against

women says the Alam-e-Niswan journal. Therefore, harassment is a lethal form of cyberbullying.

Second comes the cyber-stalking, where the perpetrator does surveillance of the recipient. It involves monitoring their social media, tracking their locations and checks, and following the victim online all the time. All

of this provides perpetrator whose information and report

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regards to his/her life, preferences and movement, about them. This information helps perpetrator threat the victim and cyberbully him/her. Therefore, cyberstalking is second most prominent form of the crime cyberbullying.

Third comes outing. It is the leaking of private pictures, credentials, videos and information which is very sensitive and not supposed to be on social media or internet before public at large. All of this outing takes place without the consent of victim. The information being shared by perpetrator is to defame and embarrass them. Thus, outing is comes third in the list of forms of cyberbullying.

Last comes blackmailing, it is a very common crime committed around the globe. It is threatening by perpetrator to the victim of leaking or disclosing private information relating

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to victim or some other person unless they comply with perpetrator's demand. Perpetrator threatens victim of serious consequences often of causing harm to victim in case of denial of perpetrator's demands. Thus, blackmailing is a prominent form of cyberbullying.

All of the forms of cyberbullying posit how intense is the crime of cyberbullying. Thus leading an individual to ask a question as to why all of the perpetrators commit the crime of cyberbullying, what is the motive and reason behind causing emotional, mental and sometimes physical pain to the victims. The answer to the question lies in the following.

The most prominent reason behind cyberbullying is taking revenge from victim. A Pew Research conducted in 2023 will succint to the fact. It concluded that majority of perpetrators involved in

cyberbullying were ~~are~~ doing so to take on revenge from the victim. The revenge taking is the prime reason behind the frequent happening of the crime of cyberbullying.

Secondly, cyberbullying takes place amid the power and control mentality; where a perpetrator aims at controlling the life of the victim by doing cyberbullying. A Research report by Human Rights Commission Pakistan conducted after Covid-19 posits that majority of victims were cyberbullied because the perpetrators wanted to exert their power upon them and control their life. 'Women have always been victims of power and control' said Judith Butler a prominent rights activist and scholar. Thus, power and control is the reason behind cyberbullying.

More importantly, the perpetrators find it amusing and entertaining to cyberbully someone. A survey conducted in USA from African American citizens concluded that they



were intimidated and harassed frequently after the blacks lives matter movement. (2022)

The perpetrators, when they were caught and brought to the court of law, confessed many of times that they used to do cyberbullying for entertainment purpose. Hence, it is one of the reasons behind increasingly happening online crime of cyber bullying.

Furthermore, the crime of cyberbullying happens amid the perpetrator's want of attention. It is common that some people often do not pay heed to someone in their circle or someone approaching them. This disappoints a person, thus leading him/her to cyberbully the person whose attention is required. Yuval Noah Harari in his book 21st lessons of the 21st century states that humanity is increasingly aspiring attention seeking. By perpetrating cyberbullying, they get immediate attention of victim. Therefore, attention seeking is a

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Reason behind commission of cyberbullying.

Lastly, the people who are involved in cyberbullying often lack empathy. They do not realize the impact of their crime to victim's life. Lack of empathy leads them to commit cyberbullying. Had they been aware of the devastating impact of cyberbullying, they would never had committed this heinous crime. Lack of empathy is a prime reason and a practical example of why cyberbullying is happening in society.

All of these reasons motivate the perpetrators of cyberbullying for the commission of crime. The increase in cyberbullying has severe and serious consequences for the victims. Understanding the consequences will provide one with the intensity of this heinous crime. Following are some major repercussions in the aftermath of the crime of cyberbullying.

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Firstly, the cyberbullying results in social isolation of victims. After facing cyberbullying victims are afraid of coming before society. Therefore, they isolate themselves from society. Key case of Amanda Todd can be a good example. Amanda was a woman whose fake profile was created by her neighbours who shared sensitive information about Amanda. The case took place in Canada and was a bone of contention for the social media application Facebook. Amanda was all isolated and alone. Hence, the major impact of cyberbullying is social isolation of victim.

Secondly, a person who is facing cyberbullying eventually deteriorates his/her mental health. The continuous bullying by perpetrator, threats, blackmailing and torture hurt a person mentally and eventually leads one to a state of deteriorated mental health. A research by PEW while examining rehabilitation centers concluded that public at large was in

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rehabilitation words due to  
cyber bullying. Majority of them  
were facing post traumas,  
panic attacks and likewise  
impacts. Therefore, cyberbullying  
is a reason behind a  
person's deteriorated mental health.

Moreover, cyberbullying  
often damages a person's  
reputation in public, where  
one socializes. Perpetrator does  
cyberbullying by posting  
private pictures and videos  
of the victim. Such videos  
are private property of the  
victim and are not  
supposed to be before  
general public. Their becoming  
viral leads to damage  
in reputation of victim.  
Reputation of a person is  
built throughout the years  
and often decades. Publication  
of such private content  
jeopardizes such long built  
reputation.

More importantly, cyber-  
bullying disturbs life of a  
person and often leads  
to a situation where  
victim is unable to focus  
on his/her professional  
career. A report by Social

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Media Victims Law Center published that drastic changes in professional performances of individuals are caused by cyberbullying. (2021) It is because of the post-stress trauma that victims find it hard to focus and work professionally like they used to do before. Therefore, cyberbullying impacts life of an individual negatively and is detrimental for his professional career.

The situation paints a gloomy picture of the society, which is increasingly becoming victim to cyberbullying. In this regard, it is imminent to devise a plan which is workable and efficient effective to make online space safer and create a positive online environment. Such a plan require following policy prescriptions.

Establishing and developing a cyber bullying cell is mandatory and timely measure. It would thwart the cyberbullying attempts made by the perpetrators.

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Along with that it would include a rapid response team to cater to the needs of victims of cyber-bullying. Such a cell should be established in all public and private sectors to make sure no one is hurt mentally. This would be an effective step towards achieving safer environment online.

Most important in devising a plan is holding those responsible accountable for the heinous crime they committed. Strict accountability for online crimes will haunt the perpetrators from committing such a heinous crime. It will serve as a sword for people committing the crime of cyberbullying. As discussed in earlier perpetrators commit cyberbullying because of loose accountability for their commission afterwards. Therefore, it is high time that those responsible must be held accountable and should be punished in like-manner to make internet and social media a safer place to browse on.

Lastly, every state should encourage awareness campaigns to aware people of three things. a, The crime of cyberbullying, b, The rigorous punishments for the perpetrators of crime, and lastly teaching people how and where to report the incidents of cyberbullying. This multi-faceted plan would reap fruit and will provide positive results in making online platforms safer. ~~and~~ Therefore, every corner should initiate awareness campaigns in university, colleges, malls and in public places to have maximum reach.

To conclude, there are number of threats confronting humanity in the modern times. One of those threats is the threat-

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of cyberbullying. It is harassment, intimidation and bullying of a person online on social media platforms. The emergence of internet and social media have resulted in the emergence of cyberbullying crime. It has various forms of commission like blackmailing, cyberstalking, outing and harassment. The perpetrators do it for pleasure, taking revenge and for seeking attention of the victim. Unfortunately, increasingly happening of cyberbullying has severe impacts for victims; which include damage to reputation, social isolation of victims and deteriorated mental health and peace. Such a situation requires devising a plan that should curb the threat of cyberbullying. Devising a plan would require steps like establishment of cyberbullying cells, strict accountability measures and social awareness driver. All of these policy prescriptions can nip in bud the evil of cyberbullying and can make online environment safe and peaceful.

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Please write detailed remarks overall.

write remarks for every aspect mam, thank you so much