

Week 14-15 English from Entertainment Media



Cyber bullying and social media ethics.

Discussion : Share your ideas towards these questions.

1. Do you use any social media / networking platforms? What are they?

2. Pros and Cons of using social media.

3. What are the effects of cyberbullying?

When bullying happens online it can feel as if you're being attacked everywhere, even inside your own home. It can seem like there's no escape. The effects can last a long time and affect a person in many ways:

- **Mentally** – ^{โกรธ ไม่พอใจ} feeling upset, embarrassed, stupid, even afraid or angry
- **Emotionally** – ^{อาย} feeling ashamed or ^{สิ่งที่เคยชอบก็ไม่ได้ชอบ} losing interest in the things you love

เหนื่อยไม่หลับ ปวดท้อง อ่อนเพลีย

- **Physically** – tired (loss of sleep), or experiencing symptoms like stomach aches and headaches

The feeling of being laughed at or harassed by others, can prevent people from speaking up or trying to deal with the problem. In extreme cases, cyberbullying can even lead to people taking their own lives.

Cyberbullying can affect us in many ways. But these can be overcome and people can regain their confidence and health.



What Is Cyberbullying

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur **through SMS, Text, and apps, or online in social media, forums, or gaming** where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

The most common places where cyberbullying occurs are:

- **Social Media**, such as Facebook, Instagram, Snapchat, and Tik Tok
- **Text messaging** and messaging apps on mobile or tablet devices
- **Instant messaging**, direct messaging, and online chatting over the internet
- **Online forums**, chat rooms, and message boards, such as Reddit
- Email

- Online gaming communities

Dealing with bullying



Why me?

Bullying can make you feel alone and scared. If you are being bullied, it is normal to ask the question, 'why me?' But trust us when we say **this is not your fault**.

Bullying can happen to anyone. Just look at all the celebrities out there who experienced bullying as children and teenagers.

We know it is really tough to go through a bullying situation but we are here to give you the advice you need to get through it. You are not alone.



Why do people bully?

People bully others because they want to feel **powerful**, and prove something either to themselves or the people around them.

Often it is an attempt to gain **power popularity** (for example, by making other people laugh or getting other people to be on their side) or to stop getting hurt themselves (for example, 'If I bully others people will know they can't hurt me').

It can also be because:

- They don't know how to manage their own thoughts and feelings (e.g. they often hit and hurt others)
- They have been bullied or hurt by other people themselves
- They are experiencing violence at home
- They are scared of being hurt by other people
- They are jealous of other people
- They feel like they are not good enough
- They have negative beliefs about people who are different
- They are overcome by stress or pressure

Who should I talk to if someone is bullying me online? Why is reporting important?

If you think you're being bullied, the first step is to seek help from someone you trust such as your parents, a close family member or another trusted adult.

In your school you can reach out to a counsellor, the sports coach or your favourite teacher – either online or in person.

And if you are not comfortable talking to someone you know, search for a helpline in your country to talk to a professional counsellor.

If the bullying is happening on a social platform, consider blocking the bully and formally reporting their behaviour on the platform itself. Social media companies are obligated to keep their users safe.

For bullying to stop, it needs to be identified and reporting it is key.

It can be helpful to collect evidence – text messages and screen shots of social media posts – to show what's been going on.

For bullying to stop, it needs to be identified and reporting it is key. It can also help to show the bully that their behaviour is unacceptable.

If you are in immediate danger, then you should contact the police or emergency services in your country.

What are ethics and etiquette ?



Social media has a much wider reach beyond marketing and technology. Other implications are rarely discussed. There are rules of ethics and etiquette for social media that must be followed.

Ethics, by definition, is the concept of what is good, bad, right and wrong. In social media, the right ethic equals the right perspective and the right thinking on how to leverage social media appropriately and how to engage people in the right manner.

Etiquette is a code of behavior within the context of our society. In social media, the right etiquette equals acting the right way. There definitely is a right way and a wrong way to use social media. Anyone who has ever been spammed (and that basically means everyone) understands this concept.

It is very important to remember that whenever you connect with a social media network, you are joining a community. In any community, there is an appropriate time to discuss business. **You need to be sure to treat the people in your community with respect and kindness.**

Staying safe on social media

Most people use social media to stay connected with friends and have fun. However, there are people who don't play by the same rules, and use it as a platform to offend people or cause them harm.

Don't let these users ruin your experience, but make sure that you do what you can to stay safe.

Simple steps

1.Set your profiles to private

Think carefully about what you post online and who you want to see it. Consider setting your profiles to '[friends/followers](#)' only.

2.Remember anything you post can be shared

Even with strong privacy settings in place, it is important that you come to terms with the fact that what you post online is never really private and can be shared. It is therefore important that you always [think before you post](#).

3.Recognise the fakes

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Not everyone on social media will be who they say they are. There can be young people and adults who pretend to be someone else and could cause you harm. For example they may want to trick you into sharing private or personal information that they could use against you. **It's important that you never meet up with someone you don't know, and that you always let an adult know where you are going and who**

you are meeting. There have been occasions where children are tricked into meeting adults who then cause them harm.

4.Spring clean your contacts

Once you make a friend online, it doesn't have to be permanent.
Regularly review and clean up your contacts - particularly anyone who spreads negative content or doesn't make you feel good about yourself.

5.Block anyone who bothers you

All social media sites allow you to [block people](#) who you don't want accessing your account. It is not permanent and they won't be notified. You may also have the option of muting someone so they don't know you can no longer see their posts.

6.Protect your identity

Your phone number, address, bank details and any information that may hint to your personal passwords should never be shared online. Experienced password hackers or phishing sites can piece together your information to gain access to your account, or use your identity to create a new one. Make sure passwords are strong, change them regularly and always keep them private.

7.Avoid the big risks อย่าทำอะไรเสี่ยงเกินไป

One of the hardest things you can go through is having a very private image or video shared with others. Think very hard before sharing anything private or personal as there are no guarantees that this won't get into the wrong hands. If someone really cares about you they will respect your choice not to share personal information, photos or videos.

8.Let your friends and family know about your online choices

Other people will never respect your privacy as much as you do. Make sure your friends and family know your preferences about uploading pictures, tagging your location or sharing information you expect to be confidential. This works both ways, so make sure that you respect other people's privacy in the same way.

9.Watch out for suspicious messages

Messages with a shortened URL alongside a statement such as 'OMG look at this picture of you...' or 'Have you seen what they are saying about you...' are not to be trusted.

Phishing emails are also a problem. These are fake communications pretending to be a trusted organisation such as Facebook that will try and get you to log in. They can look very convincing, and even have your personal profile info, so only sign into a site through their official page or app. If something looks suspicious, check the email address and put it through a search engine. Malicious senders are usually named and shamed online!

Ref. <https://www.stopbullying.gov/cyberbullying/what-is-it>

<https://www.kidscape.org.uk/advice/advice-for-young-people/dealing-with-bullying/>

<https://www.compukol.com/social-media-ethics-and-etiquette/>

<https://www.unicef.org/end-violence/how-to-stop-cyberbullying#2>