

Read the text and match the paragraphs with the headings.

Then choose the right answers to the questions

- A. Get involved!
- B. The definition of the cyberbullying.
- C. The role of administrators in addressing cyberbullying.
- D. Cyberbullying is not cool.
- E. Do not ignore the cases of cyberbullying.

### Why Is Cyber Bullying a Problem? (And How to Stop It)



One of the problems with cyber bullying and why it is so hard to control is the fact that it takes on so many different forms. It is an ultimate control technique, designed to create terror in the minds of the victims and coerce them to do things they feel uncomfortable with or to feel intimidated. This is similar to traditional "real world" bullying. But the difference is the victims of cyber bullying feel hopeless due to the approach of cyber bullying and often the level of damage that results from cyber bullying has much further reaching consequences than traditional bullying. Anonymous text messages, social media flaming, hate emails, and other methods all start small but grow incrementally over time to uncontrollable levels. The psychological harm done by just a simple text message that carries negative insults and innuendos can do damage that can last for years. If you want to know what to do about cyber bullying, here are some steps you can take to protect yourself and your family today to prevent such atrocities:

Report EVERY incident of bullying, no matter how small. This does not mean that you have to go to federal court with a minor incident. But it DOES mean that you should take every incident seriously and take the appropriate actions to prevent it from happening to someone else.

Consider the source and report to network administrators, as well as authorities. When an incident occurs online, you have the right to report this to system or network administrators and let them know what happened, when, who it involved, and other information. They will also be able to identify the culprits of the bullying so that you can report the names to proper authorities.

Have a "zero tolerance" policy against cyber bullying. Explain to your friends and classmates that you will neither tolerate their being bullied NOR will you tolerate their bullying of other children online. Just like in the real world, they all need to understand that bullying is harassment when it occurs and is punishable by civil courts and the law.

Perhaps the best thing students can do in this day and age of cyber bullying and online social media, where access is so easy and quick is to get involved in what is going on in the classroom. This involves a lot more than merely asking how your classmates feel. Be attentive to your friends, spend time together, share your interests and hobbies. Pay attention to the cases of bullying at school and report about them to adults. And remember, bullying is not cool. But fighting bullying and respecting every student is a worthy deed.

1. What is one of the problems with cyber bullying that makes it hard to control?

- A. It takes on many different forms.

- B. It is designed to create terror in the minds of victims.
- C. It has much further reaching consequences than traditional bullying.
- D. All of the above.

**2. What is the difference between cyber bullying and traditional "real world" bullying?**

- A. Victims of cyber bullying feel hopeless due to the approach.
- B. Cyber bullying often starts small but grows over time to uncontrollable levels.
- C. The psychological harm from cyber bullying can last for years.
- D. All of the above.

**3. What should people do when an incident of bullying occurs online?**

- A. Report it to network administrators.
- B. Let the administrators identify the culprits.
- C. Report the names of the bullies to the proper authorities.
- D. All of the above.

**4. What should students do to help prevent cyber bullying?**

- A. Have a "zero tolerance" policy against bullying.
- B. Get involved in what is going on in the classroom.
- C. Pay attention to cases of bullying at school and report them to adults.
- D. All of the above.

**5. Why is it important to report cyber bullying incidents to network administrators?**

- A. They can identify the bullies and report them to the authorities.
- B. They can increase security on the online platforms.
- C. They can ban the victims from using the online platforms.
- D. They can contact the bullies' parents directly.

**6. Which of the following is not mentioned as a way to stop cyber bullying?**

- A. Ignoring the bullying and hoping it goes away.
- B. Explaining to friends and classmates that bullying is not tolerated.
- C. Spending time with friends and sharing interests.

D. Reporting every incident of bullying, no matter how small.

7. What is the main purpose of the passage?

- A. To provide a detailed history of cyber bullying.
- B. To offer specific strategies for dealing with cyber bullying.
- C. To raise awareness about the problem of cyber bullying.
- D. To compare and contrast cyber bullying with traditional bullying.