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Кибербуллинг как глобальная проблема современного общества

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Появление в мире интернета облегчило жизнь людей, сделало их более коммуникабельными и мобильными, упростило поиск информации, предоставило огромное количество возможностей личностного и профессионального развития . Ни один человек не сможет угнаться за темпами развития современного общества, не пользуясь Всемирной паутиной. Однако, вместе с массой достоинств интернета возникли и проблемы, которых раньше не существовало. Статья посвящена такому интернет феномену современного общества как кибербуллинг и его негативному влиянию на подростков. В работе рассказывается, что это за явление, где и когда появилось, приводится классификация видов. Описывается, какие действия совершают преступники для того, чтобы оказать негативное воздействие на жертву, как кибер атаки могут повлиять на психическое здоровье ребенка. Приводится анализ данных различных исследований о российских подростках, подвергшихся кибербуллингу, а также результаты изучения распространенности данного явления в городе Тюмени. В конце статьи рассказывается, как подросток может сам защитить себя, чтобы не стать жертвой кибербуллинга, а также что нужно делать родителям и учителям, чтобы предотвратить подобное и обезопасить пребывание ребенка в интернете.

Ключевые слова: кибербуллинг, интернет, дети, подростки, социальные сети, оскорбление, жертва

Cyberbullying as a global problem of modern society

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The emergence of the Internet in the world has made life easier for people, made them more sociable and mobile, simplified the search for information, provided a huge number of opportunities for personal and professional development. No one can keep up with the pace of development of modern society without using the World Wide Web. However, along with a lot of advantages of the Internet there were also problems that did not exist before. The article is devoted to the Internet phenomenon of modern society as cyberbullying and its negative impact on adolescents. The paper describes what this phenomenon is, where and when it appeared, provides a classification of species. It describes what actions are committed by criminals in order to have a negative impact on the victim, how cyber-attacks can affect the mental health of the child. The analysis of the data of various studies on Russian adolescents subjected to cyberbullying, as well as the results of the study of the prevalence of this phenomenon in the city of Tyumen. At the end of the article describes how a teenager can protect himself to avoid becoming a victim of cyberbullying, as well as what parents and teachers need to do to prevent this and protect the child's stay on the Internet.

Keywords: cyberbullying, Internet, children, teenagers, social networks, harassment, victim

In the modern society it is impossible to live without the use of the World Wide Web called the Internet. Even in the primary grades, students get the opportunity to use the Internet resources to prepare for school projects, essays, presentations; they read electronic books, watch educational movies. But most often they use the Internet for communication. At present, it is difficult to

imagine a child who does not know what the Internet is and who is not registered at least in one social network. And this is understandable. Social networks provide the possibility of unlimited communication. Children can find friends by interests, gather their audience, become a blogger and share thoughts, feelings with people, and even open a business.

Unfortunately, school-age children do not realize how dangerous the Internet can be and do not know how to protect themselves on social networks. Therefore, it is important to highlight those risks that most affected kids in social media. One of the biggest problems is cyberbullying.

This phenomenon, cyberbullying, and the first mention of it arose in the last years of the 20th century in the USA almost simultaneously with social networks. Cyberbullying gets its name from the English word "bull" with related meanings: an aggressive attack, to bully, to find fault, to provoke, to exasperate, to terrorize [1].

So, it is obvious that cyberbullying is an attack aimed at causing psychological harm, which is carried out through e-mail, instant messaging services, chat rooms, social networks, websites, and mobile communications. Cyberbullying affects the victim seven days a week, 24 hours a day, leaving no space and time in which a person could feel protected. It must be mentioned that an attack on cyberbullying can be very painful and sudden. Since electronic messages are very difficult to monitor and filter, the victim receives such messages unexpectedly, which leads to a strong psychological impact. It is known that the identity of people using cyberbullying remains anonymous. The teenager does not know who pursues him, and is prone to exaggerate the danger. The anonymity of the persecutors makes the impact of intimidation particularly strong.

In order to understand how to deal with the problem of "bullying" in the Global Network, it is necessary to point out that cyberbullying can be very different. According to classification of Nancy Willard there are next forms:

- Flaming. Online fights using electronic messages with angry and vulgar language.
- Harassment. Repeatedly sending nasty, mean, and insulting messages.
- Denigration. "Dissing" someone online. Sending or posting gossip or rumors about a person to damage his or her reputation or friendships.
- Impersonation. Pretending to be someone else and sending or posting material to get that person in trouble or danger or to damage that person's reputation or friendships.
- Outing. Sharing someone's secrets or embarrassing information or images online.
- Trickery. Talking someone into revealing secrets or embarrassing information, then sharing it online.
- Exclusion. Intentionally and cruelly excluding someone from an online group.
- Cyberstalking. Repeated, intense harassment and denigration that includes threats or creates significant fear. [2, p. 5]

Cyberbullying is considered to be a worldwide problem and it is increasingly relevant for Russia, especially among children and teenagers. Thus, according to a Microsoft study (2012), almost half of the surveyed Russian children and teenagers aged 8 to 17 years said that they became targets of harassment. According to this indicator, Russia ranked fifth among 25 countries [3]. Also, according to the results of the study of RAEC teenagers 14-17 years in Moscow often witness aggressive online behavior (46%), 44% received aggressive messages, 48% became victims of child grooming, 23% received threats of physical violence [4]. Moreover, in order to find out how widespread it is among teenagers in my city, we conducted a survey on cyberbullying among schoolchildren aged 14-16 in Tyumen. The survey involved 100 people from different schools for a more objective assessment. They were asked to answer questions about their spending time in social networks and cyberbullying [5].

Analyzing the results of the survey, we came to the conclusion that firstly, many children are not aware of such a phenomenon as cyberbullying and don't know how to protect themselves from it in social networks. Their parents don't speak on this topic with children; there are no conversations at schools. Secondly, they don't realize that it's a crime and as any crime it requires a punishment. Being a victim of cyberbullying, children prefer to remain silent to tell friends or parents, which can lead to terrible consequences, such as psychological trauma or suicide. In this regard, it should be noted that every year the number of attempts to settle the score with life increases due to ongoing harassment against the person. Through media resources, you can often hear about teenagers who committed suicide due to the fact that they were victims of cyberbullying. The collision with cyberbullying leaves more negative and long-term imprint in the mind of a teenager, thereby adversely affecting his psychological health.

Today, a lot of practical recommendations and methods to combat cyberbullying have been developed, both for children and for parents and teachers. For example, Kaspersky Lab has compiled 10 tips for parents and children to protect themselves from the unpleasant consequences of cyberbullying, such as stay calm, don't respond, share your experiences with parents, file a complaint, change your privacy settings, etc [6; 7]. However, many people do not even suspect that this phenomenon is a large-scale problem that needs to be addressed both at the level of the child, and at the level of parents, teachers and the state. The Internet is not a safe place where you can feel completely protected. It is impossible to eradicate cyberbullying totally, as well as other signs of cruelty in virtual space and real life. Unfortunately, it is still quite difficult to develop measures to prevent such cybercrimes at the legislative level. In the world, the question of responsibility on the Internet still remains open. It is vital to inform the society about the urgency of this issue. We need to tell our children about possible precautions in social networks, because the problem of cyberbullying can affect each of us.

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