

## **A silent Killer: Cyber Bulling**

Any type of bullying is harmful and the latest development is a modernised version called cyber bullying. Cyber bullying is harassment, threatening or humiliation of someone using technology such as mobile phones or internet. The social networking websites of MySpace, Facebook and others are identified as the recent ever expanding form of technology used most in bullying. In current news a teenager committed suicide from the pressure and torment of cyber bullying. Cyber bullying is often hard to trace and is considered anonymous as the quality of the internet allows harassment, threats or embarrassing information to spread quickly to sometimes thousands of people.

Cyber bullying is a growing problem with today's youth, with experts believing that this type of bullying is more detrimental than any other form. Recent surveys show that a third of teenagers have had cruel, threatening or embarrassing things said about them online. Physical harm is threatened to 10 percent of teenagers today with 16 percent never telling anyone about the online harassment. The internet and mobile phones allow for the bullying to not only be publicised but also to create no escape for the victims as most people can be reached anytime and anywhere by mobile or internet.

The president of the Australian Human Rights Commission states "the damage caused by cyber bullying can last a lifetime." The issue of cyber bullying has reached such a serious level that the Commission partnered with the Child Health Promotion Research Centre is developing a new anti-cyber bullying campaign. It is believed by these experts that education and awareness is the key to decreasing the number of people bullied and the severity of the outcomes of such bullying. Parents, teachers and today's youth need to be aware of this form of harassment and how severe the consequences of cyber bullying are.