

Yoshinao Higuchi

11/9/22

ENG1101

Word Count: 1564

## U2 Reflective Annotated Bibliography

### Introduction

The social justice issue I picked was cyberbullying, and my question is, how does cyberbullying affect adolescents' wellness? I am interested in this question because we live in a digital world now, allowing us to communicate with practically anyone. It is both good and bad on its own for society. With users having hidden identities, it's easy to be discourteous towards others. Now, this is where cyberbullying is a significant issue. Social Media is consumed by a majority of teenagers and young adults. And people can bully younger audiences online without any consequences. In my research, I will find that cyberbullying can damage one's emotional, psychological, physical, and mental state. I will also find the potential solution and how to deal with cyberbullying.

### Source Entries

#### *Citation #1*

*“Cyberbullying: What It Is, The Effects It Can Have On Teens, And Signs To Watch For.”*  
<https://m.youtube.com/watch?v=GuO8OeLe3bY>

#### *Summary*

In this video, we have Caitlyn, a cyberbullying victim. When Caitlyn was cyberbullied, she started thinking it was her fault for being bullied. Caitlyn's mom, April, is concerned since Caitlyn seems different. After Caitlyn confesses what has been happening to her mother, April is confused why her daughter didn't speak up about it. Caitlyn believes cyberbullying is a challenging subject to talk about. Teens don't tell their parents because they feel ashamed and don't want their privileges taken away. Caitlyn ended up with anxiety, depression, and panic attacks. The video also mentions the difference between cyberbullying and bullying. Bullying tends to happen face-to-face during school hours. As for cyberbullying, it can happen at any time and anywhere. Cyberbullying can cause victims to feel trapped. Cyberbullying is also anonymous, meaning that anyone, even the people you call friends, might be attacking you. Cyberbullying can also lead to less concentration, academic struggles, and avoiding or quitting school entirely. The video also states that you are at risk of increased anxiety, depression, sleep disturbances, substance abuse, and even suicidal thoughts. At the end of the video, speaking out and talking to someone about it helps tremendously.

### *Reflection*

I agree with this video because it mentions how cyberbullying is anonymous. It could be the people you might know and talk to daily. This video is more leaned toward parents. They want parents to understand what their child might face and how to deal with it. It talks about the potential effects of being cyberbullied. They also want parents to make sure that their child isn't the one who is bullying others. Since it's anonymous, how do you know that the person bullying is from the same school? What if a random person on the internet tries to be hateful toward others? How do you deal with someone like that?

### *Quotation*

“Some of the negative effects include things like trouble concentrating, academic struggles, even avoiding or quitting school or other activities.”

### *Citation #2*

*Hellfeldt, Karin, et al. “Cyberbullying and Psychological Well-Being in Young Adolescence: The Potential Protective Mediation Effects of Social Support from Family, Friends, and Teachers.” International Journal of Environmental Research and Public Health, vol. 17, no. 1, 2019, p. 45–, <https://doi.org/10.3390/ijerph17010045>.*

### *Summary*

Cyberbullying harms both the cyberbully and the victim. Cyberbullying is tied in with the victim's psychological wellness. Cyberbullying is also related to depressive and anxiety symptoms and low levels of well-being. Support from family members, friends, and teachers decreases the chances of depression and anxiety and increases the chances of the well-being of the victims. The article states that support from family, friends, and teachers can be used to avoid getting involved in cyberbullying in the first place. The type of support depends on the age. Younger adolescents tend to get more help from their parents, and friends become essential to support for older adolescents. According to the article, telling a friend is one of the most helpful ways to deal with cyberbullying. Some victims find telling a teacher ineffective. And some victims don't seek help. Some victims don't want to tell their parents because they might lose their freedom and their privileges are taken away. Gender plays a factor in an individual's wellness. An Individual's health can have an effect later on in life. Depressive symptoms could result in less social skills and withdrawal from peers.

### *Reflection*

I agree with this article because it discusses how cyberbullying has adverse effects on cyberbullied victims. This article tries to convey to the audience the harm cyberbullying has on its victims. The audience that the article is trying to target is adolescents and parents. The report targets adolescents because cyberbullying is a significant issue that can cause severe damage to victims. It also targets parents because if parents were to read this article. It might help their child prevent getting cyberbullied. This article answers my question about how cyberbullying affects

adolescents' wellness. The report also mentions how to avoid cyberbullying with support from family, friends, and even teachers.

### *Quotation*

“In addition, our results show that Cyberbully-victims reported the highest levels of depressive symptoms, as well as the lowest levels of subjective well-being” (11).

### *Citation #3*

Prabhu Trisha, “*Stop Cyberbullying Before Damage is Done.*”  
<https://www.youtube.com/watch?v=Ps3Cefys0Kc>

### *Summary*

Cyberbullying is scars that remain on the cyberbullied victims. Cyberbullying is something no one talks about, yet millions of people worldwide suffer through it every single day. India is ranked third in the world in the number of cyberbullying victims. One of every four Indian teenagers has been cyberbullied at least once. We live in a digital age where more kids have access to social media, and more kids are getting cyberbullied. Social media grants immense amounts of freedom and power, but with that power comes responsibility. And sadly, people wrongfully abuse power. Victims go through low self-esteem issues and depression; they are more likely to drop out of school, they are more likely to get into alcohol, and drugs, and even in extreme cases, take their own lives. Cyberbully who are adolescents don't fully understand what they are doing. Trisha Prabhu talks about how the prefrontal cortex takes 13 years to develop and that part of the brain controls decision-making. Trisha Prabhu created a product that alerts the cyberbully before sending mean and hurtful messages. She believes having a reminder, and an alert can help before the damage is done.

### *Reflection*

I agree with this article because cyberbullying can cause severe damage to victims. As mentioned by Trisha Prabhu, victims can go through issues like depression and low self-esteem. Trisha Prabhu was trying to convince people that there's a way to stop cyberbullying before the victim is hurt and before the cyberbully sends any mean messages. She believes having an alert before sending harmful messages can help reduce the chances of it happening. How will you deal with alternate accounts and people who want to ruin other people's lives? Are you going to have some detection in which you can figure out an alternate account, and how will you punish those trying to create havoc? Trisha Prabhu states that an alert would help adolescents think and help them understand what they are doing when sending these vulgar messages. What if the cyberbully is not an adolescent? What if they are much older and have a fully developed prefrontal cortex? Would the alert be of any use at all? How would it target older audiences? The author was targeting adolescents and young teens. Trisha Prabhu only considered adolescents hurting one another and not fully understanding what they were doing.

*Quotation*

“And yet millions and millions of people around the world suffer from it every single day. They go through low self-esteem issues, depression, are more likely to drop out of school, are more likely to get into alcoholism, are more likely to get into drugs and in rare cases even commit suicide.”

**Conclusion**

My primary audience would be young teenagers and young adults. Young teenagers should learn more about cyberbullying because someone could try and hurt their feelings whenever they use social media and post it on the internet. Young adults should also learn more about cyberbullying. Although they are much older than the young teens on the internet and have known the dark side of the internet, it is still wise to have the knowledge and be cautious whether they might be the victim or the bully. They should know what kind of damage it can do to others. Not a primary audience, but another audience that should also learn more about this topic is parents. Parents should ensure their child isn't getting hurtful messages and support them with open arms if they are affected. One of my takeaways from this research is that telling a parent, friend, or even a teacher can be a way to deal with cyberbullying. This is important because not many people are willing, but speaking out about your experience can save your life and save others coping with the same issue. All of the sources helped me find the answers to my question. Cyberbullying is a social justice issue. It is something that should never be taken lightly, and help those who might be suffering from it. As our world continues to advance, so does our digital world. We must take action to help those who are suffering right now and those who might be in the same boat in the future.