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TED TALK SCRIPT

"No one even likes you." "You're so ugly." "Why are you still alive?" These are the types of messages that you would receive if you're a victim of Cyberbullying. Some of you might be unfamiliar with this topic and might be asking yourself, what is cyberbullying? Well, in simple terms, it is defined as bullying using a digital device. Cyberbullying can occur in many places. Examples include social media apps like Snapchat and Instagram. Platforms like Facebook. Even in video games, people can send offensive messages. Because it happens on a digital device, victims of cyberbullying almost feel like they're trapped. They are trapped in a constant loop, wondering when it will end. You never know when you will get attacked; these hurtful messages remain inside the victim's heart. They are like invisible scars that can't be healed or forgotten.

Asking the audience questions

So, how many of you have experienced bullying online? How many of your friends experienced cyberbullying before?

To the teens and pre-teens

Do you guys tell your parents or guardians about it if you are a victim of cyberbullying?

Finally, to the parents or guardians

And parents or guardians, have you been told by your kids or your loved ones that they're a victim of cyberbullying?

Victims of cyberbullying don't tell their parents or guardians? Especially adolescents. You might be asking yourself, why aren't they telling their family members about being a cyberbullying victim? It's not as easy as you might think it is. Some adolescents don't want to talk about this issue because they feel like they're a burden to their loved ones and don't want to bring it up. They might also not want to bring it up because they feel like they would lose their privileges and some of their freedom.

It's better to tell a parent or a guardian about it, even if it means losing some privileges. The damage of cyberbullying is much more severe and could have serious issues if it isn't brought to light. SOFIA-study conducted a study if cyberbullying, and the health of an individual is correlated to each other. They concluded that victims of cyberbullying are at risk of anxiety and depressive symptoms, as well as less well-being. In the worst case, victims can even have suicidal thoughts.

Cyberbullying should not be taken lightly, and we must take action before it's too late. We must bring this dark side of the digital world to light.

Ask the audience

So, what can you do to prevent cyberbullying from happening in the first place?

Apps like Snapchat and Instagram, even in video games, can block users and report them for their behavior.

Some of you might think it's not effective and useless because you have already tried that.

What if you stop using social media and playing video games for a while? This is an effective way to stop, but many of you might be thinking, "why do I have to stop using social media when I didn't even do anything wrong?" You're exactly right. Then what do you do?

Ask the audience again

Have you tried talking to a friend, family member, guardian, or teacher? Talking to someone about your experiences with cyberbullying is an effective method. Depending on your age, you might rather speak to a specific person or a group rather than others.

Suppose you know anyone who is struggling with this issue or see someone that is getting cyberbullied. In that case, you should intervene and help the victim as soon as possible before it's too late. You could be saving someone's life just by being there for them.

To the bullies, you should know that your messages can harm an individual. It will come and bite you back in the future. You should consider this heavily before sending offensive messages and rethink your actions. What if you were the victim? How would you feel if you were to get objectionable messages?

To the parents and guardians of a victim of cyberbullying, you should check the behavior of your loved one. It is your responsibility to know the wellness of your loved one's health.

And to the victims of cyberbullying, you are not alone. Many of us have been through this many times in the past. Sometimes reporting and blocking don't help, but you should still try.

You should know that you are never alone. Whether it is a friend, a family member, a guardian, or a teacher, there is always at least one person that cares about you.

Thank you.

Citation

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