



HARASSMENT CYBER STYLE

LA4 TERM

A cyber bully, like the bully defined in the previous section, feels the need to hurt others to make himself feel good, significant or even powerful. The cyber bully is even a bigger coward hiding behind the platform known as social media.

Harassment from a cyber bully should be even easier to overcome because his only power is the written word. He is not with you to speak those words to your ears or hurt you physically in any way. Ironically, and unfortunately, in today's world, the cyber bully can become even more powerful than a human being you see every day: we'll discuss that a little later on.

LESSON 1

Quick thought

Before I begin to expose the many problems that have manifested in our society from social media for both the young and the old alike, let's first acknowledge the positive opportunities the internet has to offer: we can research schools for our children, explore restaurants, businesses and shopping malls. We can access information from all over the globe at a push of a button, allowing us to see and understand other nations and people like never before. And on a personal level, we can enjoy our friends and family from afar.

LA4 – Bonus

However, for many the “cyber life” becomes more important than reality. Folks of all ages invest their time, emotions and personal image letting their lives play out on the likes of Facebook, Twitter and Instagram unknowingly empowering a cyber bully to invade and crash that imaginary world anytime he wants. There are already several studies to suggest that those who spend an exorbitant amount of time on social media struggle with anxiety, depression and other psychological issues.

There’s an old proverb that says, “Hang out at your neighbor’s house too long and he will learn to hate you.” I say hang out in the same place too long, and you’ll get a well-deserved punch in the nose. Even if it’s not a literal punch, it will feel like it. And trust me, in the long term, you’ll be thankful for it. Please read this true story of something that happened to me when I was younger, and you’ll understand what I mean.

Storytime

“The Summer of Regret ... And the Fist I Met”

Discussion questions

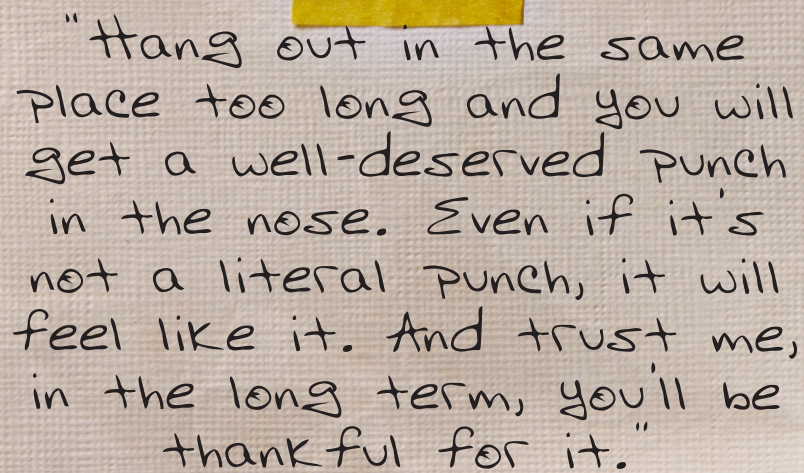
Why do you suppose that I kept going back to Greg’s house even though I knew it was no good and it was getting old?

Have you been in a similar situation where you kept returning to something, someone or somewhere even though you knew it was not good for you or even that enjoyable anymore? What would you do differently now if you had the chance?

How did it make you feel when I called Ricky and exposed his lies? Can you see the parallel between Ricky's made-up life and the made-up lives that people project on the internet?

Did that dose of reality feel refreshing?

Have you ever had your false reality exposed? Have you ever exposed somebody else? Were things better after the truth was known?



"Hang out in the same place too long and you will get a well-deserved punch in the nose. Even if it's not a literal punch, it will feel like it. And trust me, in the long term, you'll be thankful for it."

LESSON 2

Quick Thought

Most of these two lessons on Cyber Bullying deal with you and how you can be successful in life as well as overcome harassment. However, please remember, like with all bullies, cyber bullies need to be exposed. Don't assume that just because the accusing, lying or making threats is on the internet, that everyone knows—including all authority figures. Tell your friends. Contact your superiors and even the police if the situation is that extreme. Don't let these cowards get away with anything, whether they are talking about you or somebody else. Shine the light, baby!

And finally, please remember the entire purpose of LA4—to improve in honor and integrity. When you're working at that on a daily basis, what can anybody say negatively about you? I know: Nobody's perfect. But when you're working to honor and improve your integrity, everybody will know. It's obvious. And ultimately bullies of all kinds will stop the harassment and stay away from you because your courage exposes their nonsense.

Storytime

“Ode to the Party Line”

Discussion questions

Have you ever had a moment of truth where it was time to “grow up” and move on? What was it?
