

### **Cyberbullying**

The phenomenon of cyberbullying is becoming more and more common. I'd like to share my friend's experience of being cyberbullied and how he handled it.

Nowadays, nearly everyone can afford a mobile phone. Everyone has their own phone. However, most teenagers use it in the wrong way. They just use their phones to make friends and look at social media such as Soul, Instagram and Facebook. They may post

ugly photos of someone they don't like without understanding how this small behaviour will damage the other person's confidence and injure them mentally.

I have a friend who was bullied online by his classmates. He used to make friends online and would send his photo to strangers after just a short chat. One day, he sent a photo which showed his body to a chat group. His classmate in the chat group saved the photo and forwarded it to other groups. When my friend learnt that his photo had been sent to other groups he didn't know what to do. The people around him started to make jokes about him and the photo. At last, he told me. Due to my limited experience, I couldn't help him so I suggested he seek help from a teacher. At last, his teacher helped him to settle the cyberbullying issue.

His experience alarmed us. We we don't know when cyberbullying will happen to us. So we must learn how to prevent and handle it.

To reduce the risk of facing cyberbullying we shouldn't put photos of ourselves online. We also need to try our best to protect our personal information, including our name, photos, mail account, phone number and so on to prevent cyberbullying.