Technology and media play a vital role in the lives of students especially nowadays that they are still locked in the confinement of their house due to the health risks brought by corona virus. Online platforms serve as the classroom for students who still stay at home to avoid getting infected by the said virus. However, more exposure to internet posts a threat to the students - the cyber bullying. It is intentional and constant imposing harm to someone through online platforms, electronic devices and more. Bullying online includes posting hateful comments, sending indecent and sexual proposals, and blathers. This is usually done to humiliate and threaten the target. Therefore, cyber bullying has disturbing effects on emotional and mental wellbeing of students.

In relation to the negative and devastating effect of cyber bullying, experts proposed some ways to prevent it or protect themselves from getting harassed online.

1. Enlighten yourself about cyber bullying. Guardians or parents must be knowledgeable about cyber bullying and they have to inform their children about it. Let them know that you are there to help them whenever they have a problem.

2. Create a strong password. A unique and strong password may protect you from hackers. Do not share it with anyone.

3. Always log out of your account. Forgetting to log out on your account may give these bully to hack your account and use it to humiliate you. Some resort to extorting money or sexual favors to the victim.
4. Do not talk to strangers online. If an unknown person messages you, do not open it and erase it immediately. It can be a malware virus that could infect your computer and may get through your account.

5. Manage your privacy setting. Make your account private and only trusted friends can message you.

    In addition to that, limit your time in front of the computer. Spend your time in studying and doing things that may get you fit and strong in time of pandemic.

    To the parents, always monitor your children while in front of the computer whether they are studying online or just scrolling leisurely in social media.

References:
