Inside Trauma

A word from the editor

It might be a bitter pill to swallow but throughout your life you won't always get on with some people you meet. It's unrealistic to think you will be liked by everyone. The internet allows people to act in a way that they wouldn't normally do in real life.

You only need to be exposed to the suicide of Charlotte Dawson to see that cyber bullying fuels our insecurities and can often have a detrimental effect on our mental wellbeing. Maybe, if there weren't hateful messages displayed on her Twitter account she would still be here today. However, it's not only Charlotte Dawson's sad exit of life that is an example of cyber bullying. A 15 year old female ended her life after ongoing physical and cyber-bullying. The last straw was being attacked on a street and then being told that a video of the assault would soon be posted on Facebook.

Some people say that the big difference is that writing something in a letter need's some degree of personal and material commitment. The internet is instant and impersonal. Repercussions may be seen as minimal and before you know it other people are joining in the conversation and engaging is some feeding frenzy of abuse and loathing.

Whilst the internet has broken down barriers allowing for friendships and greater freedom of expression, it has also broken down the barriers of cruelty and malice. It allows for a new society of people who engage with people they have never met. These people can hide behind the barrier of their computer screens. By putting the necessary legislation in place, the government can be actively involved in minimising traumatic exposure to cyber bulling. We need a continuous process of education and community involvement to tell bullies and their peers it's not ok and there can be serious consequences for their actions.

Elizabeth Lourenco
Provisional Psychologist

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Older editions of Inside Trauma are available through the Archive at www.traumacentre.com.au

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The impact of Social Media & Cyberbullying

Social media sites, such as Facebook and twitter, are an exciting and innovative way for people to communicate. However, with this new avenue for communication come new options to harass and bully one another, all from the privacy and safety of behind a screen. Cyberbullying is defined as any kind of bullying or harassment which occurs deliberately and repeatedly through technology. Cyberbullying can have major negative impacts on people, particularly teens, as many people can view, share and contribute to this. It is difficult to remove the harassing information as this can be recorded and saved in different places with quick searches for easy access.

The bully's attack is often anonymous and depersonalised through the screen and this enables them to hurt someone without the repercussions of immediate challenging retaliation or of getting caught. The victim takes the words they read on board just as much as if they were spoken. The victim also reads the words in their mind which adds an element of personalising the information.

The media is incredibly influential and victims of cyberbullying can experience feelings of guilt, hopelessness, anger, isolation etc. They can also feel threatened and unsafe, depressed and there are rising cases of suicide stemming from cyber bullying. It is important to remember that words are powerful and to think of the impact what you write may be having on others.

When venting frustration on media sites be mindful to use assertive

"... you don't have to wait for someone to treat you bad repeatedly. All it takes is once, and if they get away with it that once, if they know they can treat you like that, then it sets the pattern for the future."
— Jane Green, Bookends

"Childhood should be carefree, playing in the sun; not living a nightmare in the darkness of the soul."
— Dave Pelzer, A Child Called "It"

You're braver than you believe, and stronger than you seem...
- A. A. Milne.

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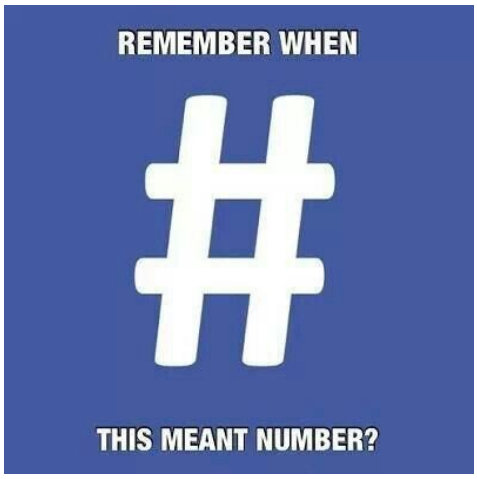
tactics such as 'I' statements, as opposed to attacking others. Lastly, misuse of the social media is inevitable and so it is important to develop psychological resilience and to have a repertoire of support and help available to turn to when needed such as http://au.reachout.com/Cyberbullying and kids helpline: 1800 55 1800.



Melissa Van Asten
Undergraduate Counsellor

Protecting your children against a cruel virtual word

Technology has brought on the onset of information, and with that there have been both positive and negative consequences. In the case of Social Media, online forums, chat rooms and other instant messenger program there are countless stories which involve Cyber bullying and these have affected, and continue to affect, many individuals. In some cases this even reaches devastating extremes such as suicide, and or permanent mental illness. You can safeguard your children from being at risk by taking the following precautions.

Install Monitoring Software & Parental Control Tools

There are a range of available programs on the market which enable parents to filter inappropriate words and images. There are options

"We should meet abuse by forbearance. Human nature is so constituted that if we take absolutely no notice of anger or abuse, the person indulging in it will soon weary of it and stop."
- Mahatma Gandhi

"The greater the power, the more dangerous the abuse."
- Edmund Burke

"There are far too many silent sufferers. Not because they don't yearn to reach out, but because they've tried and found no one who cares."
- Richelle E. Goodrich

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on most computers which can activate features such as time limiting and setting the time kids can access the internet along with restriction of outgoing content. Programmes such as Trend-Micro and Kaspersky are available at retailers such as JB –HIFI for as little as fifty dollars.

Educate and Talk to your children

Sit down with your kids whilst they are at the computer and take an interest in how they spend their time on the internet. Ask them if they know what cyber bullies are and perhaps watch an online video, or do a Google search on the topic. Let them know that if they experience this, it is never ok to remain silent and make them feel comfortable to approach you in the future should they experience it. Parenting styles almost always vary to a degree; however in this instance those who have a naturally authoritarian approach may send the wrong message, along with those who may favour a permissive style.

Last year the Coalition, on behalf of the Howard Government released an eleven page document outlining how the state aims to target this issue. For more information please view- http://apo.org.au/research/coalitions-discussion-paper-enhancing-online-safety-children. Children and family laws aim to protect on a State-wide level and this is important information for a parent should they wish to report cyber bullies or familiarise themselves and children on their rights.

Claudia Stans
Undergraduate Counsellor

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Social Media And Bullying

What does it mean? Is there much to report about the age old effects of bullying. Both effects of traditional bullying and cyber bullies appear to cause the significant emotional and psychological distress. Both types of bullying experience anxiety and depression and low self-esteem.

Growth in communication connections has created instant visual and response capabilities to the masses. The term 'Cyber bullying' uses technology e.g. internet and mobile phones to hurt, harass and bully other people. Social media bullying occurs using electronic technology, devices such as mobile phones, computers, tablets, social media sites, text messages, chat, websites and emails. Girls are twice more likely as boys to be victims or perpetrators of bullying. Australians are social we on average have 217 friend/followers on social media.

Prior to the modern mass media and social media exposure, human beings had the potential to develop strategies of combat the emotional hurt that was being flung. Instantaneous conversations rumours inferences messages unflattering pictures create potential fallout.

Anxiety, depression and suicide are common consequences of social media bullying and the continual growth is alarming, statistics 2013 report that more than half of adolescents and teens have been bullied online; more than 1 in 3 young people have experienced cyber threats. 1 in 10 have had embarrassing or damaging pictures taken without their permission. 1 in 5 have had posted sexually suggestive

When people hurt you over and over, think of them like sandpaper. They may scratch and hurt you a bit, but in the end, you end up polished and they end up useless.
- Anonymous

Bullying builds character like nuclear waste creates superheroes. It's a rare occurrence and often does much more damage than endowment
- Zack W Van

"Introverts don't like small talk conversation, but they typically don't mind writing. The more people can "see" you on Facebook, Twitter, Google+, or a blog, the more they will feel like they know you, even though you don't have one-on-one interaction with them."
— Thom S. Rainer

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or nude pictures of themselves. Over 80 percent of teens use mobile phones making mobile phones the common form of bullying.

Not just young people are being targeted; organisations are acknowledging emerging workplace cyber bullying

The Australian Public Service (APS) Oct 2013 have produced guidelines to manage staff from agency hurt and members of the general public. Cyber-bullying has become a work health and safety and security issue more over the psychological health under the work health and safety act 2011 requires organisations to be pro-active in their management of risk to staff.

If left the potential psychological trauma will not only cost considerable money but may lead to loss of life, various mental health issues and long term debilitation.

Peter Horton
Psychologist

"You are what you share."
– Charles Leadbeater, We Think: The Power Of Mass Creativity

Unless and until our society recognizes cyber bullying for what it is, the suffering of thousands of silent victims will continue.
- Anna Maria Chavez

People say sticks and stones may break your bones, but names can never hurt you, but that's not true. Words can hurt. They hurt me. Things were said to me that I still haven't forgotten.
- Demi Lovato

Word Search

M	N	B	Z	O	C	T	U	P	S	I	M	C	E	Y
U	S	U	O	M	Y	N	O	N	A	H	O	N	D	S
Q	F	E	W	Y	G	Z	P	U	X	A	G	H	I	S
A	A	E	J	U	N	B	E	I	B	R	L	J	X	S
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CYBERBULLYING
ENEMY
FACEBOOK
TWITTER
ANONYMOUS
MEDIA
SOCIAL
INTERNET
COMPUTER
FRIENDSHIP
HARRASSMENT
HOUNDING
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