

The background is a stylized illustration of a crowd of people. Many individuals are holding up their smartphones, suggesting a social media or public gathering context. In the center, a person is depicted with their hands covering their face, conveying a sense of distress or being the target of attention. The overall color palette is muted, with blues, greys, and earthy tones.

# **Teenager's cyberbullying: prevalence and prevention**

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**Cyberbullying** is an intentional, repeated infliction of mental harm on a person with the use of information technologies (SMS, internet, chat, video, etc.)

**The problem under study is due to some contradictions:**

- between the increase in the number of adolescents affected by cyberbullying and the lack of specialized help aimed at preventing the negative consequences.
- between the need for psychological theory and practice in the knowledge of the phenomenon of cyberbullying, its forms and causes, and the lack of systematic data on this phenomenon in the modern scientific literature.
- between cyberbullying as a new form of psychological violence and ignorance of the majority of teenagers, parents and professionals about the problem and ways to overcome it.

**Purpose of research:** study the prevalence of teenagers' cyberbullying at schools in cities of Russia (for example, Izhevsk)

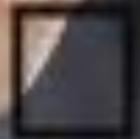
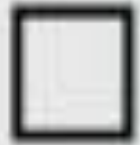
**Objectives:**

- identify the prevalence of teenagers' cyberbullying in different age categories;
- develop the avenues of prevention of teenagers' cyberbullying.



# Methods:

- Indicator coping strategies(D.Amirhan)
- Questionnaire "Security in Networks", designed by A.A. Baranov and S.V. Rozhina (Examples of questions: Did anyone happen to attempt to hurt or humiliate you in the internet? Have you ever seen an online group or web page where some people ridiculed someone?).





## Research:

**The study was conducted at school No.83 in Izhevsk, Russia.**

**The study involved 386 teenagers (6<sup>th</sup>-11<sup>th</sup>-graders).**

# Results:

Results of the questionnaire "Security in Networks",

No.	Age	Involved in cyberbullying as a victim	Involved in cyberbullying as a bystander
1.	12-13 years	19%	50%
2.	14-15 years	25%	65%
3.	16 years	42%	95%
4.	17-18 years	14%	42%

## Test results obtained using the indicator of coping strategies (by D.Amirhan)

No.	Age	solution	search for social support	ignored
1.	12-13 years	23 %	56%	21%
2.	14-15 years	34 %	61 %	5 %
3.	16 years	33 %	23 %	44 %
4.	17-18 years	58 %	28 %	14 %

# Discussion:

According to the questionnaire "Security in Networks" we have established a high degree of prevalence of cyberbullying in teenagers aged 16 years.

According to the test results obtained using the indicator of coping strategies by D. Amirhan, we may conclude that we need to develop coping strategies aimed at solving problems, in particular, the problem of cyberbullying.



# Avenues of prevention of teenagers' cyberbullying:

- **With parents:** Parents meeting "Teen Safety Network", "Cyberbullying? What is it?" Business Game" How to help your child? "etc.
- **With teachers:** Pedagogical meeting "Cyberbullying and bullying as stress-factors" Roundtable "How to identify a child suffering from cyberbullying?"
- **With psychologists:** discuss ways to help teens by using Internet technologies and by involving other children.
- **With teenagers:** trainings "Development of empathy in adolescents", "Development of personal resources of adolescents", "Building positive relationships with their peers," individual consultations with teenagers about cyberbullying, educational activities.

# References:

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