



PEDAGOGICAL ASPECTS OF CYBERBULLING PREVENTION.

Djumayeva Sanobar Absaatovna
Tashkent State Pedagogical University named after Nizami
Department of General Pedagogy
Doctor of Philosophy in Pedagogical Sciences (PhD)

Abstract

This article highlights the process of insulting and humiliating virtual network users, especially young people, and at the same time encouraging such behavior through cyberbullying.

Key words: cyberbullying, network, cyberbullying, aggression, consciousness, assassination, bullying, social environment, internet, media, self-awareness. Nizomiy nomidagi Toshkent davlat pedagogika universiteti

Pedagogika fanlari bo'yicha falsafa doktori (PhD)

Cyberbullying and cyberbullying are also known forms of online bullying. As the digital world expands and technology evolves, this has become the norm, especially among teenagers. Cyberbullying is when someone, usually a teenager, harasses or harasses others on the Internet and other digital spaces, particularly social media sites. Posting rumors of violent behavior, threats, sexual language, personal information of victims or (ie. hate speech). Bullying or harassment can be defined as repeated behavior and intent to cause harm.

Offensive, negative, or deliberately inflammatory comments on the Internet. There is probably not a single person on the net who has not faced trolling in one way or another. KIMEP students studied the situation related to cyber attacks in Kazakhstan. Cyberbullying is mind poisoning on the internet. This is usually done by sending a text message, calling, using photos and video clips in the form of e-mail or online chat. According to statistics, most of such attacks are committed on social networks. In general, the principle of a cyber attack is similar to the offline form of influence, but it is more dangerous due to the fact that the victim suffers more psychologically. Cyber attacks are not a rare phenomenon in Kazakhstan. True, not everyone who has faced such a situation on social networks wants to talk about it. The story of Anel J. is



an exception. In 2018, he was the hero of the KTK channel material. This girl said that her photos were published in one of the V Kontakte groups. The group was called "Irkut people of Almaty". Naturally, the photos were published without the girl's consent and negative comments were made about the schoolgirl's appearance. In the KTK video, the girl was asked how she would explain the situation. He said that he was saddened by this, but that the thugs must have experienced such a situation. Most likely, they took revenge on other people through social networks. After some time, the group was closed.

Question of KIMEP students about cyber attack:

- 70% of the respondents have never used internet information to harm someone;
- 80% have never published or distributed inappropriate photos of their acquaintances;
- 87% have never spread lies about other people online;
- 61.5% have never hurt someone online.

In the United States, awareness rose in the 2010s, due in part to high-profile cases. Several US states and other countries have enacted laws to combat cyberattacks. Some are specifically designed to combat teen cyberbullying, while others go beyond physical abuse. In cases of adult cyberbullying, these reports usually originate with the local police. Laws vary by region or state ¹.

Uzbek scientists Abdurasul Iminov, Bakhtiyor Torayev, foreign scientists Lori Wolf showed in their research a number of serious consequences of a cyber attack, i.e. victimization. Exact statistics on the negative effects of cyberbullying vary by country and by other demographics. Some researchers argue that there may be some way to use modern computer technology to detect and stop cyberattacks.²

Not all negative effects on the Internet or social networks can be called cyberattacks. Research shows that peer pressure exists as a result of online interactions, which can have a negative, positive, or neutral effect on those involved. "What would you like to know about

¹ "Kiber-bezorilik va uning yoshlarimizga ta'siri". Amerika Osteopatik Uyushmasi. Amerika Osteopatik Uyushmasi. Olingan 21-noyabr, 2015.

² Abdurasul Iminov, Bakhtiyor To'rayev, "Zamonaviy telekommunikatsiyada kiberxavfsizlik" – T. 2015.



cyberbullying?" Thousands of responses were received from around the world when the survey was conducted by industry experts.³

UNICEF experts have teamed up with Facebook, Instagram and Twitter to explore the issue, bringing together international experts on cyberbullying and child protection to answer questions and offer their advice on tackling online bullying.

Top 10 Cyberbullying Questions:

1. Am I facing cyberbullying? How do you tell the difference between a joke and an insult?

UNICEF: All friends joke with each other, but sometimes it's not easy to tell that someone is just joking or trying to hurt you, especially on the Internet. Sometimes they laugh it off as "just a joke" or "don't take it seriously". However, if you feel hurt or feel that other people are laughing at you instead of laughing with you, then you know that the joke has gone too far. If this behavior continues after you have asked the person to stop and you are upset about it, then this may be bullying against you

When bullying occurs online, it can attract the attention of a wide range of people, including strangers. No matter where it is, if you're not happy with it, you don't have to put up with it. Call it whatever you want, if you feel bad and it doesn't stop, you need to get help. Stopping cyberbullying isn't just about calling bullies to order, it's about recognizing that everyone deserves respect online and in real life.

2. What are the consequences of cyberbullying?

When bullying happens online, it can feel like you're being attacked everywhere, even in your own home. It seems that there is no escape. The effects of this can last a long time and affect a person in many ways:

- Mentally - feeling hurt, embarrassed, ashamed, even angry
- Emotionally - feeling ashamed or losing interest in things you like
- Physically - symptoms such as fatigue (insomnia) or stomachaches and headaches

³ Axborot xavfsizligi asoslari: Ma'ruzalar kursi / fizika-matematika fanlari nomzodi, katta ilmiy xodim I.M.Karimovning umumiy tahriri ostida. – T.: O'zbekiston Respublikasi IIV Akademiyasi, 2013. – 123 b.



2. Who should I talk to if someone harasses me online? Why is it important to report it?

UNICEF: If you think you are being bullied, the first step is to seek help from someone you trust, such as a parent, close family member or other trusted adult; At your school, you can contact a psychologist, sports coach or your favorite teacher. If you feel uncomfortable talking to someone you know, look for helpline information in your country to talk to a professional counselor. If the bullying takes place on a social platform, consider blocking the bully from interacting with you and reporting the behavior on the platform itself. Social media companies have an obligation to ensure the safety of their users. It may be helpful to collect evidence, such as text messages and screenshots of information posted on social media platforms, to show what is going on; In order to stop bullying, it is important to identify it and report it. It can also help to show the bully that his behavior is inappropriate; If you are in immediate danger, you should contact the police or emergency services in your country;

Facebook / Instagram: If you are at risk of being bullied online, we advise you to talk to your parents, teachers or other people you can trust, you have the right to be safe. We also make it easy to report any bullying situation directly to Facebook or Instagram. You can always submit an anonymous report to our team about a post, comment or story on Facebook or Instagram;

We have a team that reviews these reports 24 hours a day, 7 days a week in over 50 languages, and we remove anything offensive or offensive. These reports are always kept anonymous. We at Facebook have a guide that will guide you through the process of dealing with bullying or what to do if you see someone else being bullied. Instagram also has a Parent Guide, which provides advice for parents, guardians and trusted adults on how to deal with cyberbullying, and where you can learn about our safety tools. there is also a central database.⁴

Twitter: If you think you've been victimized by cyberbullying, the most important thing is to stay safe. It's important to talk to someone about what you're going through. This could be your teacher, another trusted adult, or your parents. If you or a friend have been affected by cyberbullying, talk to your parents and friends about what to do. We encourage people to report

⁴ "Ota-onalar uchun qo'llanma kiber bezorilik". endnowfoundation. Olingan 5 sentyabr, 2020.



users who may be violating our rules to us. You can do this via the support pages in our help center or through the reporting mechanism by clicking "Report a Tweet".\

4. I'm experiencing cyberbullying but I'm afraid to tell my parents. How can I contact them?

If you are experiencing cyberbullying, talking to someone you feel safe with, someone you trust, is one of the most important steps you can take; Talking to parents is not easy for everyone. But there are some things you can do to help the conversation. Choose a time to talk only when you know you have their full attention. Explain how serious the problem is to you. Remember, they may not be as tech savvy as you are, so you may need to help them understand what's going on; They may not have quick answers for you, but they want to help you and together you can find a solution. Two heads are always better than one! If you're still not sure what to do, talk to other trusted people. There are often more people who care about you and are willing to help you than you think!⁵

7. How can I prevent my personal information from being used to manipulate or harass me on social media?

Think twice before you post or distribute something online, it could stay online forever and harm you later. Do not provide personal information such as your address, phone number or school name; Learn about the privacy settings of your favorite social media apps. Some of the actions you can take in most of them are; By setting your account privacy settings, you can choose who can view your profile, send you direct messages, or comment on your posts; You can report harmful comments, posts and photos and ask them to be removed. In addition to "unfriending", you can completely ban (block) people to prevent them from viewing your profile or contacting you; You can also choose to only see certain people's comments without banning them entirely; You can delete your profile entries or hide them from certain people; On most of your favorite social media platforms, people won't be notified when you ban (block), restrict, or report them.

What are the consequences of such situations?

⁵ Zhou, Zongkui. "Cyberbullying and its risk factors among Chinese high school students". *School Psychology International*. December 2013 34: 630–647, first published on May 8, 2013.



Unfortunately, very sad. Although the word is relatively new, it already exists, meaning that there are suicides, injuries, tragic deaths, and through e-mail chat rooms, social networks, teenagers are ready for everything. . Because of this, the goal of virtual terror is to inflict psychological harm. Cyberbullying is invisible but very scary. Internet Fish and similar cyberbullying, but the second view (image or view) is more serious.

Types of insults: Type 1: Confrontation (hot) This involves the exchange of small but highly emotional cues. it is possible and when there are several people, as a rule, two men participate. This is a conflict in the "public" spheres of the Internet. It can end quickly and have bad consequences, and can develop into a long conflict. On the one hand, other equal parties, this is the opposite, - under certain conditions, which causes severe emotional distress of the victim, equal psychological pressure can be far away Type 2: attack (attack is continuous) against the victim too many abusive private channels (SMS messages, constant calls, etc. Category 3: defamation. As the name suggests, false and abusive information is spread. It is often sexual in nature It can be songs, text messages, pictures, etc. Category 4: Deception. Cyberbullying is a dangerous virtual, and also includes changes of a specific person. In order to carry out negative communication, the information of the victim (username, account passwords in networks, blogs). This person (victim) sends offensive messages. Category 5: Sell. This is any kind of tyranny of confidential information for the victim and his own goals. (Publication on the Internet, transmission to third parties) uses for Type 6: Alienation. Sooner or later, everyone who wants to leave a group. Category 7: Cyber Attack. This is one of the most terrible forms. Victimization includes sneak attacks, beatings, rape, and suicide. Category 8: Sharing happiness. He has mobile phones in the name of other people, makes video recordings of violent behavior and posts on the Internet in his name. It's easy to face cyberbullying on the Internet. "This is why even good kids start doing bad things. Because he does not see the other side face to face." Some people can easily become victims. People who are aloof, stand out from others, or have a low opinion of themselves suffer from it. The consequences of facing cyberbullying are serious. A person may feel more alone and depressed. Some even committed suicide.⁶

⁶ B.To'rayev, Elektron hujjat almashinuvini kriptografik himoyalash. Toshkent -2015.



Ways to prevent a threat: First, ask yourself the following question: "Am I really facing a threat?" Sometimes people say hurtful words without thinking. At such times, we can follow the wise advice of the Bible: "Do not be angry, for anger is a sign of foolishness." Threats are when someone intentionally harasses, humiliates, or intimidates you online. If you too are facing cyberbullying, remember that how you respond can either make the situation better or worse. Try one or more of the tips below. Ignore the threat. It is said in the holy book: "A wise man speaks thoughtfully, a wise man keeps calm." One reason this advice is practical is explained by Nancy Willard in her book: "The primary goal of bullies is to demoralize their victims. "Victims become depressed and let their feelings of threat take over."

Summary. Sometimes the best response is to not respond at all. Do not take revenge. It is said in the holy book: "Do not return evil for evil, insult for insult." One reason this advice works is this: "Anger shows weakness. This will cause threats to escalate." With revenge, you can look like one of those threats.

Summary. Do not add fuel to the fire. Be careful. The Bible says, "Do not be overcome by evil." You can put an end to threats without making things worse. For example: Block someone who sends you a message. One book says, "What you don't read can't hurt you." (Mean Behind the Scenes) Even if you don't read it, save all the evidence. This includes negative, aggressive messages, e-mails, blog or social media posts, voicemails, or any other communication. You can put an end to the threats without making the situation worse. For example: Block someone who sends you a message. One book says, "What you don't read can't hurt you." ("Mean Behind the Screen")⁷

Even if you don't read it, save all the evidence. This includes negative, aggressive messages, e-mails, blog or social media posts, voicemails, or any other form of communication. Tell the bully to stop. Firmly, but without showing any fear, anger, or hurt, write her a message like: "Don't write to me again," "Remove your posts," "If you don't stop, I will have to take other measures." Believe in yourself. Focus on your strengths, not your weaknesses. Like physical threats, cyberbullying tends to target people who don't have much to say and who appear vulnerable; Notify the adults. Start with your parents. You can also report this situation to the

⁷ Man behind computer screen royalty-free stock videos See man behind computer screen stock images



website or service provided by the person making the threat. If the situation is really bad, you and your parents can contact the school, the police, or even seek legal advice. The bottom line is that you can take steps to stop or reduce cyberbullying. So, getting out of such a situation depends on the person in most cases.

References:

1. Abdurasul Iminov, Baxtiyor To'rayev, "Zamonaviy telekommunikatsiyada kiberxavfsizlik" – T. 2015.
2. Axborot xavfsizligi asoslari: Ma'ruzalar kursi / fizika-matematika fanlari nomzodi, katta ilmiy xodim I.M.Karimovning umumiy tahriri ostida. – T.: O'zbekiston Respublikasi IIV Akademiyasi, 2013. – 123 b.
3. B.To'rayev, Elektron hujjat almashinuvini kriptografik himoyalash. Toshkent -2015.
4. Мельников В.Н., Клейменов С.А. Информационная безопасность и защиты информации. Москва 2008.
5. Xovlet-Brendon, Meri (2014). "Kibrobullning: milliy jinoyatni qurbon qilishning milliy savdonidan Jins, irq, axloqshunoslik va atrof-muhit omillarini o'rganish: 2009 yildagi talabalar jinoyati".. Tezislari va dissertatsiyalar. Olingan 30 mart, 2015.
6. "Kiber-bezorilik va uning yoshlarimizga ta'siri". Amerika Osteopatik Uyushmasi. Amerika Osteopatik Uyushmasi. Olingan 21-noyabr, 2015.
7. "Ota-onalar uchun qo'llanma kiber bezorilik". endnowfoundation. Olingan 5 sentyabr, 2020.
8. Zhou, Zongkui. "Cyberbullying and its risk factors among Chinese high school students". School Psychology International. December 2013 34: 630–647, first published on May 8, 2013.
9. Мельников В.Н., Клейменов С.А. Информационная безопасность и защиты информации. Москва 2008.

