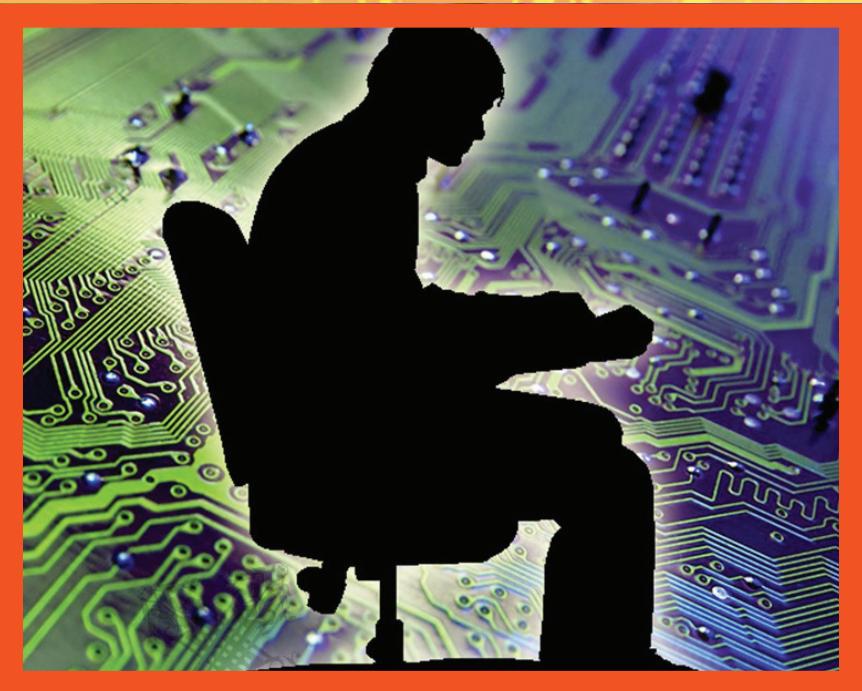


Cyberbullying



Teens Can Dream

Cyberbullying

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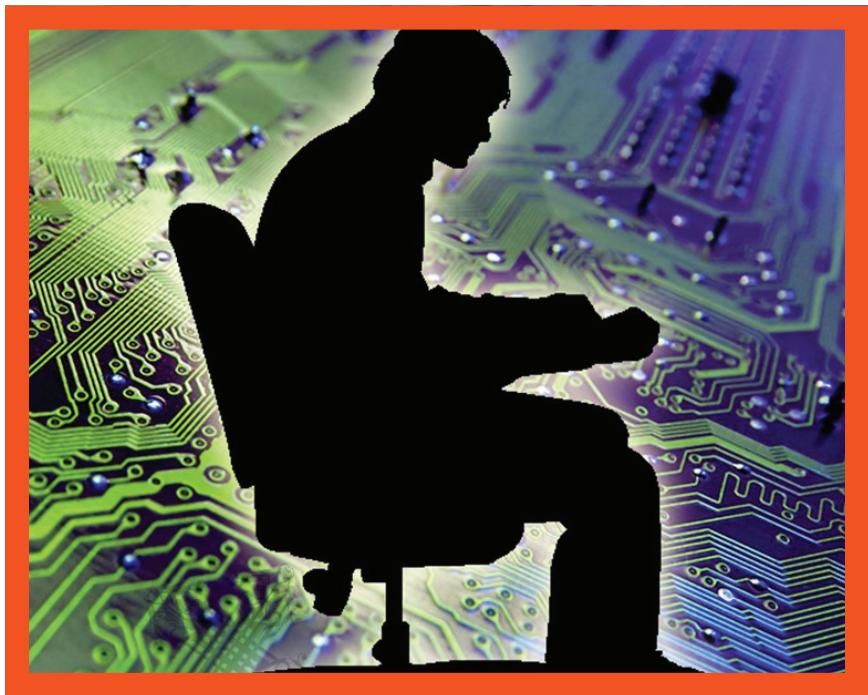
Teens Can Dream

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to see if we can help YOU
unlock your true potential.

Cyberbullying





When I think of the multiple types of bullying happening today, it saddens me to think about how hard it is to stop. In the world we live in, there are millions more questions than we have answers for. As I write this, for the too many of you out there having to deal with cyberbullying in your daily lives, my objective is to show you how to think differently so you can avoid being bullied as much as possible by focusing your thoughts in one direction.

Unlike physical bullying, cyberbullying is a relatively new phenomenon. Because it's so new, given the internet only began to expand in the late 1990's, of all the teens today who have been or are currently being bullied, none have parents who have ever experienced cyberbullying, so quite frankly, they don't know how to stop it. On top of that, schools and police authorities don't quite know how to deal with the problem either. Unfortunately (or fortunately, depending on what angle you're looking from), due to the rapid increase in

Teens Can Dream

cyberbullying, new rules and laws have been quickly put in place.

At Dosomething.org, they define cyberbullying as “a young person tormenting, threatening, harassing, or embarrassing another young person using the Internet or other technologies, like cell phones.” They go on to say that almost 43% of the kids have been bullied online and 70% of students report seeing frequent bullying online. Unfortunately, only 1 in 10 victims will inform a parent or trusted adult of their abuse. As if that’s not enough, the worst part is that bullying victims are anywhere from twice to nine times more likely to consider committing suicide. I won’t go on and on regarding statistics, because you can look that up yourself. More importantly, I realize you may not care about the statistics, because you’re dealing with the issue right now. I only bring it to your attention so you realize you’re not alone. Just knowing you’re not alone can sometimes add comfort during trying times your life.

When you research cyberbullying, you find that many more youth engage in cyberbullying than in physical bullying. This should make you wonder why that is. One answer? It’s so easy for people to hide behind their computers. Fast forward a few years and picture yourself working for a company where you are in charge of firing or laying off employees. Let’s

Cyberbullying

say your office is in another state. So, you send these employees an email saying they've been let go. Then you go on continuing with your work. Do you see how easy that was and yet horrible at the same time? There is no human connection. Since you never see the facial expressions on those people or the crying they experience from losing their jobs, it doesn't have any effect on you. As another extreme example, picture yourself in the military, and with the strike of your keyboard, while sitting in a nice office, missiles are sent to another country to cause destruction. You don't hear it, feel it or see it. It becomes very easy to remove all the emotion. With teens who are doing the cyberbullying, the same thing is happening. In most cases there is no emotional attachment to the bullying. Unlike physical bullying, in which the person doing the bullying can see the victim's facial expressions and hear the sound of his or her voice, the cyberbully doesn't see any of this and therefore can hide behind the screen of the computer.

Psychologists will try to explain why these bullies do these sorts of things. Sometimes it's to fulfill the desire to have power over another. Other times it's to create a sense of popularity among a group of peers, or it could even be to get back at someone for something they did in the past. In some households, it could

Teens Can Dream

stem from boredom combined with a lack of parenting controls. Regardless of where or how the behavior is learned, there are some mind techniques I will teach you that can help avoid such bullying and will help you focus your thoughts in one direction.

In the following pages, I'm going to teach you how to think your way to happier days. Whether the bullying is on Facebook, email, instagram, twitter, or any other electronic form, I'm going to unveil to you the secrets of how much power you actually have in regards to what's going on in your life. Don't believe for one second that you are at the mercy of either being lucky or unlucky and that luck is going to determine how your life unfolds, because whether or not you believe it, **you** are in control of your destiny. You just need to be taught how to take control of your life so as to avoid this cyberbullying.

Let's go back and try to understand why the other person is doing the cyberbullying. Regardless of how they are doing it, we need to understand their reason for doing it. In some cases they might not even know what drives them to do it. Maybe they are being manipulated by someone else, and they aren't strong enough to say no to that person. Maybe they can't say no because they're more concerned with being popular amongst that circle of people. In many cases, the

Cyberbullying

one doing the bullying is not the one who thought of the bullying. But, the one who thought of it is not strong enough to own up to it or doesn't want to get in trouble, so they use another party to do their dirty work for them.

The fact remains that no matter who, what, or why those people cyberbully others, it almost always comes down to them not being happy with themselves. They probably seem like confident people from your perspective, but I've got news for you: they're not! In fact, they are very insecure. It could be that their home life has a lot of chaos in it. When people are raised with confidence, they don't need to put other people down or beat other people up to feel good, as they already feel good. Their parents have raised them to feel good about themselves. In fact, typically the opposite occurs when a well-rounded person makes the mistake of joining in with these bullying antics. They typically feel guilty afterwards and wish they hadn't been a part of it. But, those who have not been raised with confidence and/or have been abused themselves at home or elsewhere, think that by bullying others will make them feel better. The satisfaction they appear to get doesn't last, so they continue with this learned behavior until they themselves eventually stop or get worse by entering a world of criminal behavior.

Teens Can Dream

One of the secrets for you, the victim, is to try to wish good will on them and hope that their parents will begin to raise them like you're being raised. Before you get turned off here, and I understand your frustration, please continue to read. Believe me, I know it's not easy to wish good things upon those who are adding misery to your life, but trust me; it's worse to dwell in misery and allow them to control your thoughts, and therefore your happiness.

When you go home after school, on a day you've been cyberbullied, most likely you are spending the rest of the day and evening hating that person. On the flip side, most likely that person isn't spending any time, whatsoever, thinking about you. Do you know why? Because, it's not personal. They don't hate you. They are just acting out in the only way they know because they haven't been raised in a household like you have. Most likely they are struggling with issues in their own lives and don't know how to deal with it. They might not have the support and love at home that you have. There are so many possible reasons the bully is doing this but trust me, it has more to do with him or her than it does you. What you don't want to do is spend time or energy hating that person. When you do that, you are actually inviting that person to enter your life more often, through the power of your

Cyberbullying

mind. Most importantly, you don't want to fight back using the same antics they are using. Think about it this way: if you fight fire with fire, what you get is a bigger fire. As I mentioned earlier, I will provide you with some mind exercises at the end of this article to help change the way you think, and therefore change your life. The goal is to focus your thoughts in one direction.

The truth is, I'm writing this for you, the teen, who doesn't have many places to go and learn how to think differently, and therefore learn how to break the chain. What I'm going to teach you is how to change your thought patterns, and therefore break the cycle of this abusive behavior you've been subjected to. An important thing to remember is that **it matters not what other people say or do. The only thing that matters is how you think about it afterwards.**

As I've laid out previously, you can get somewhat of an understanding of why people are the way they are. It doesn't justify it by any means, but it helps to have an understanding for what I'm going to say next. This may be harder for some than for others, but the key to your personal success is to let it go and forgive. Depending on your age and your options, this can be very difficult if the cyberbullying is continuing. Just to be clear, the forgiveness is not for them; it's for you. In

Teens Can Dream

fact, you don't even have to tell them directly, but you should do it in your own mind through imagination. You could create the story of the conversation you would normally have with person, but instead have the entire conversation within your own head, and it can be just as effective.

To understand why it's best to forgive, you have to understand how the magic of life works. Your thoughts end up forming your future. Nothing can happen without thought first. The trick here is using your thoughts constructively instead of destructively and to focus them in one direction. I will take you deeper in this area, because it's one of the most important things you're going to learn in your life.

One of the basic laws of the universe is called the "law of attraction." By definition, we attract that which we think about and especially what we put intense thought upon, along with strong feelings towards those thoughts. For instance, if you look back in your past and think about the things in your life that you really put a lot of intense thought and feelings towards, you will find that you did indeed attract those things to you. It could be a boyfriend or girlfriend you wanted. It could be a dance you wanted to go to. It could be making a specific team for a sport, or something as simple as a clothing item. Maybe it

Cyberbullying

was tickets to a concert, and the list goes on and on. Most of the things you attracted such as birthday gifts, Christmas gifts, or just friendly things, all came about from your thoughts first. This could also be applied to school and grades. If you only thought about getting good grades (rather than worrying about failing or getting bad grades), those thoughts would propel you to take action in the form of studying. Without the thoughts for having good grades, it is highly likely that you would not put as much effort into your studies.

A most important aspect to understand is that you also attract things to you that you don't necessarily want. You do this unknowingly by thinking incorrectly. What I mean by that is at times you put a lot of thought and feelings into what you don't want. For example, maybe you have an upcoming dance in a couple weeks, but you fear your face is going to break out with acne just before the dance. For the next two weeks, you constantly think about NOT wanting acne before the dance. You think things like, "My date won't like me." "It will be gross." "I'll look horrible." "My date will probably change their mind if that happens." This type of negative thinking is a very common mistake many people make, and it can be detrimental to what you truly want. The problem is that you are constantly telling yourself what it is you don't want when

Teens Can Dream

you should be doing the opposite. For this reason, you have a much higher chance of getting that zit on the end of your nose, just before the dance, because your thoughts have been about acne. This may be a bit confusing, but understanding the subconscious mind will help clear things up.

Our minds are split between the conscious and the subconscious mind. Science says about 10% or less is our conscious part of the mind where we do our thinking, talking, and day-to-day activities. But, this is not where the magic happens. All the magic happens in the subconscious part of the mind, which is the remaining 90%. What you need to further understand is that anything you say consciously, the subconscious part of the mind hears and takes to heart. It does not discriminate whatsoever. In fact, it doesn't know right from wrong, fiction from nonfiction, or red from black. It believes whatever you tell it. This is why pathological liars actually believe their lies. They consistently tell themselves over and over that the subject they are talking about is the truth, when in fact we may know that it is not. Yet, after a while, they actually believe their own lies. For this reason, you want to be very careful about how you talk, and especially how you think. In the example regarding acne, the subconscious doesn't hear "I do want" or "I don't want." All it hears

Cyberbullying

is “acne.” So, it goes to work on giving you what you’ve been thinking about and putting feelings towards: acne.

The subconscious mind is universally tied to everyone and everything. This is your access of tapping into the gifts from God. Many of you may have prayed and prayed and don’t understand why God, Jesus, Mohammed, or Buddha have not answered your prayers. Why are you still getting bullied? Please note that I certainly do not have all the answers, but most of what I’m detailing in this short story is going to help you regardless, as long as you continue to practice in changing your thinking habits. I don’t propose that you attracted your bullying to you. That is not my purpose in writing this. Because we don’t have any control of the behavior of others, my purpose is to teach you how to think constructively, so as to break the cycle of you being bullied. These bullies have free will. In fact, God gave us all free will. This should not be thought of as limited to the free will of physical acts or the free will to go where one wants to, but rather the free will to choose how we think. Because it is our thoughts that will dictate what actions we take, it only makes sense to train ourselves to have constructive thoughts and focus them in one direction.

It’s not as if this is terribly difficult to understand, but if more people understood this, we would live in

Teens Can Dream

a much better world than we currently do. The best part is that anyone can do this, but like anything else, it takes practice.

Let's say you're having a great day. School was fun, the afternoon was good, and the evening at home was great. You take notice and wish everyday were like this one. Then, when the family is watching TV together, you receive a group text that has a joke in it, where you are the butt of the joke. Your mood immediately changes from great to horrible. You start getting angry and hating the person or people involved in creating and sending this joke. Your mind goes crazy with all these terrible thoughts. You can't stop thinking about it. You start to fear going to school tomorrow. You anticipate people laughing at you. You curl up and cover yourself with the blanket on the couch. You want to just sneak off into your bedroom and call it a night, but you don't want to call attention to yourself. You don't even pay attention to the rest of the movie. You can't, because your mind is going a hundred miles an hour.

Here's the problem. You're potentially attracting the cyberbullying to you, unknowingly, by your own thoughts. Unfortunately, your reaction to the text is very normal. But, if we can alter that for the future, we should be able to begin to minimize you being bullied. Again, we don't have any control over how others

Cyberbullying

think and act. But, we do have control over ourselves, and although we may not be able to stop the cyberbullying right away, we should be able to minimize it by not attracting more, because of our own thoughts.

What you may not know is that our thoughts are energy, and these thoughts go out into the universe much like radio waves do. So, just like your car radio picks up music from the radio waves in the air, and the TV picks up radio waves in the air so you can watch your favorite shows, our brain waves do the exact same thing. Have you ever thought about someone and then suddenly they called, texted, instagrameed, or just show up? That happens to everyone at times. It is not a coincidence. It is because of your connection to each other that you pick up each other's brain waves. The importance of knowing this is so you understand how you can be attracting things towards you that you don't want to experience in your personal world.

Let's go back to the situation when life was great and you were enjoying watching TV with your family. Then suddenly, that text showed up on your phone and completely changed your mood. Fear gripped you and you went into panic mode. All of those thoughts, combined with the very strong emotions attached to those thoughts, are being sent as brain waves into the universe. Unfortunately, your abuser is the most likely

Teens Can Dream

recipient of the brain waves that you're sending out. It's not me, or a neighbor, or an unknown person to you that is going to be attracted to those brain waves. They are only going to be attracted to someone who is connected to you in some way and has like, kind thoughts. So, the very person you don't want to alert is actually being alerted. Because you put intense feelings and thought into the bullying after you read the text, you could have energized the person doing the bullying. Why is that? How can that be? It's because he or she was attracted to your thoughts of fear and panic, and in his or her own personal world, the bully started having a rush of thoughts, which then attracted him or her towards you. At school the next day, your thoughts of fear connected with the bully's thoughts, and the cycle begins all over again.

I want you to start thinking of the word fear as an acronym. F.E.A.R. = False Evidence Appearing Real. Many people are plagued with fear. Most often it's because they don't think of it as this acronym I just stated. Think about the text situation I previously mentioned. You were in a good mood and then YOU suddenly changed. Your thoughts were very real and you have a lot of past cyberbullying experiences to validate those thoughts. But, in this situation, you might have been able to avoid further bullying, had

Cyberbullying

you learned a mind exercise. You have to catch the fact that after you read the text, your mood changed. At that moment you have to say, “Wait a minute.” “This is just a text sent by a weak, insecure, disturbed person. This has nothing to do with my life.” But, make no mistakes about it, the ego part of the mind can be very strong and will constantly try to manipulate you. Think of it as a good versus evil battle. The ego is the bad part telling you to go into panic mode, and it starts putting all these negative ideas in your head. You try to stop it, but they keep coming. There are a couple tricks you can learn to minimize this and take back control of your thoughts.

First, laugh at yourself. Say, “This if just False Evidence Appearing Real.” Laugh inward and tell your ego to go “fly a kite.” Say, “I’m smarter than this. This is a made up joke on a text and these people are just actors. This is just my ego playing tricks on me. I don’t think so dude. I am the one who is in control of me. Forget about it.” Second, go into immediate “thank you” mode. By this I mean look around at anything and everything and start saying thank you for it. For example, as I write this story I’m in a house in Lake Tahoe, CA, and I’m sitting at the kitchen table. So, let’s start there. “Thank you for this table. Thank you for this chair. Thank you for the couch, the TV, the

Teens Can Dream

coffee table, the glass of water, the lights, the doors, the door knobs that make it easy to open the door, the hinges on the doors that make it easy swing them open. Thank you for the windows allowing light into the home. Thank you to for the incredible pine trees and Douglas fir trees that I can see in every direction. Thank you for the snow on the ground. Thank you for the deck off the back door. Thank you for the ski resort. Thank you for the chair lifts that makes it easy to go up the mountain.” The thank you’s are endless. Don’t think you need to be specific, as the thank-you’s can be on anything and everything.

What is the purpose of all these thank-you’s? Well, it’s two-fold. First, you are thanking God for all the incredible things in this world, all the conveniences that we have today that people didn’t have just 100 years ago. Secondly, you have just learned the first step in controlling your thoughts. After reading the hurtful/fateful text, your mind controlled you. Ego took every opportunity to take control, because it likes chaos. But, after you’ve practiced this mind exercise, you’ll have learned how to control your thoughts. By saying, “thank you” 50-100 times about all the mundane things around you, you will force your ego to give up, and you will have won back control of your thoughts by focusing them in one direction. Think of this as

Cyberbullying

the good side trying to battle evil and winning. But, understand that ego will always try to come back and battle you again. You just have to catch it and go into your “thank-you” mode. Like anything else, the more you practice this, the better you will get.

As I mentioned earlier, I’m not proposing that this alone will stop 100% of your experiences being bullied, since you don’t have control over others. But, the more you practice this, the more likely it is that you will avoid much of the bullying that you may have unknowingly attracted to you. After you change your thought patterns, what tends to happen is that these people, along with their antics, seem to disappear from your life. Again, I don’t propose to have all the answers, but if this short article will prevent even one abuse on just one child or teenager, then I’m glad I was at least able to help that person.

I’m going to end this with an affirmation. An affirmation is somewhat like a prayer, but you are “affirming” that what you want is actually already in your possession. It ties into the thank –you’s I mentioned above. You should say your affirmation multiple times a day; First thing in the morning, a couple times during the day and then especially at night. This is the last thing you want to be thinking about prior to falling asleep, while lying in bed. Remember when

Teens Can Dream

I mentioned the magic happens in the subconscious part of the mind? Well, the subconscious is always working, but think about it as going into hyper speed while you're asleep, because you won't have any conscious thoughts rattling around in your head, which enables the subconscious to create the magic.

Affirmation

Thank you, God, for my perfect body. Thank you for my wonderful home. Thank you for my family. I love my peaceful walks to and from school. I enjoy the friendships I have with all the students in the classroom. I love when everyone gets along with each other. It's beautiful to be able to enjoy each day as it comes. It is incredible to experience such happiness. Thank you for my school and my incredible teachers who take their personal time to help me learn. Thank you for the books of knowledge that our school provides so as to teach me all the wonderful things of this world. I thank you for the perfect sleep this night, and I give thanks for everything you have provided for me.

This affirmation is much shorter than what I use. But, it's a start, and you can add things as you get it memorized. You might be thinking, "Wait, I don't like

Cyberbullying

these bullies or even my school.” That may be true, but because you keep focusing on what you don’t like, you get more of the same. Think about it. Has anything changed in your life? No, the same old stuff keeps happening. Maybe the second most important thing you’ll learn in your life is this: God created this world in such a way as to reward those who are thankful for every single thing they have in this life, and conversely, he does not reward those who are negative and complain. As I tried to explain earlier, like thoughts attract like things. Therefore, the grateful person attracts more happiness in his or her life, and--of course--the ingrate or the complainer will constantly attract misery in his or her life.

Teens Can Dream

Note from the author: Please understand that this is a very short condensed story on how to change your thinking habits and improve your life. To get a deeper understanding on how to make your life better, I would suggest listening to many of the other short stories we have and reading my book, Thinking In One Direction, as well as constantly looking at our site, www.teenscandream.com. The more you do this research and these exercises, and the deeper you learn, the faster and more permanent the changes can occur. When it comes to the mind, this thinking stuff will work according to **your** level of belief. It's your life so treat it as if there is nothing more important than making it better. Not only will you be happier, but everyone you touch throughout your life will be better for knowing you.

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