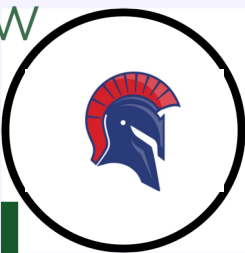




BY ALEXANDRIA CITY HIGH SCHOOL



Jonatan Perez

TOPIC

Cyber Bullying In Social Media

TOPIC DESCRIPTION

Cyberbullying is a major issue affecting students at Alexandria City High School. Many students experience online harassment through social media apps like Instagram, Snapchat, TikTok, and group chats. Cyberbullying can lead to stress, anxiety, depression, low self-esteem, and poor academic performance. Some students feel unsafe or embarrassed after being bullied online, which can make them avoid school activities or stop participating in class. This issue matters at ACHS because students' mental health affects learning, attendance, relationships, and overall school safety. Since social media is used daily by most students, cyberbullying has become a serious problem in Alexandria that needs stronger action and support.

BASELINE DATA & GOAL

although bullying in ACPS has decreased by 23% since 2014, many students still feel unsafe because of cyberbullying and social media harassment. Student safety in schools and the community has also decreased over the last decade.

goal:Reduce cyberbullying reports by 15% and improve student mental health and feelings of safety at Alexandria City High School by creating more awareness and support programs.

text

CYCP GOAL & STRATEGIC AREA

This issue connects to the CYCP goal because students need safe environments both online and in school. Cyberbullying harms emotional health and creates stress for students at ACHS. Supporting mental health and preventing bullying helps students feel safer, more supported, and more successful academically. Reducing cyberbullying would improve student well-being across Alexandria.

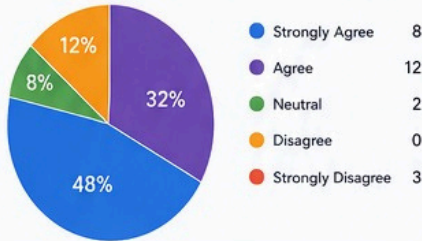
WHAT IS HAPPENING RIGHT NOW?

CYBERBULLYING IN SOCIAL MEDIA

26 Responses

1. Cyberbullying is a serious problem among teenagers.

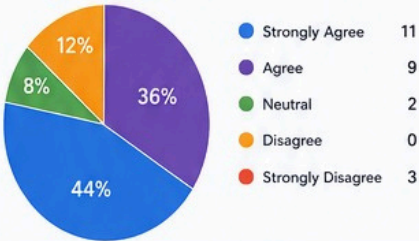
25 responses



60% of students agree or strongly agree that cyberbullying is a serious problem among teenagers.

2. Social media can negatively affect student's mental health.

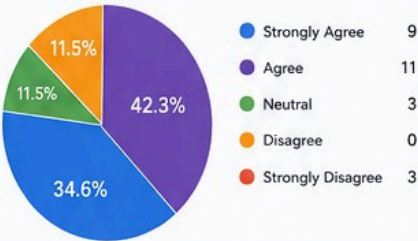
25 responses



80% of students agree or strongly agree that social media can negatively affect student's mental health.

3. Schools should do more to stop cyberbullying.

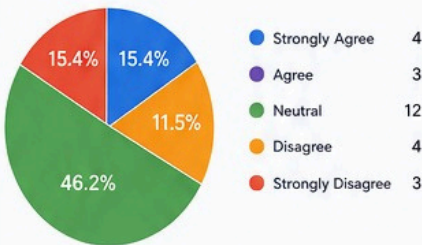
26 responses



76.9% of students agree or strongly agree that schools should do more to stop cyberbullying.

4. Students feel safe reporting cyberbullying to adults or teachers.

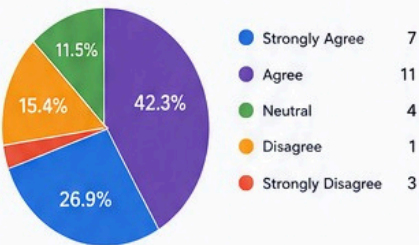
26 responses



Most students (46.2%) feel neutral about reporting cyberbullying, while only 30.8% agree or strongly agree they feel safe.

5. Social media companies should punish users who cyberbully others.

26 responses



69.2% of students agree or strongly agree that social media companies should punish users who cyberbully others.

6. How do you think cyberbullying affects student's mental health?

25 responses

- It makes them overthink
- They don't want to come to school
- It affects student's mental health into thinking what others say is true.
- Brings them down
- Can cause depression, insecurity, and low self-esteem
- Makes them feel not worth and feels bad abt themselves
- Can cause suicidal thoughts and trauma
- It negatively impacts their mental health
- Students won't be able to focus at all

Students believe cyberbullying leads to overthinking, depression, low self-esteem, lack of focus, trauma, and even suicidal thoughts.

7. What should ACPS schools do to help students who experience cyberbullying?

24 responses

- Punish them / Punish people
- Create safe spaces and make students feel safe
- Raise awareness and teach why you shouldn't cyberbully
- Have trusted adults to help
- Do wellness checks on students
- Offer more ways to tell adults
- Provide counseling and support
- Implement rules with real consequences

Students want ACPS to punish offenders, create safe spaces, raise awareness, and provide more support and trusted adults.

8. Do you think students at ACHS feel comfortable reporting cyberbullying to teachers or counselors? Why or why not?

25 responses

- Yes, because counselors and staff are good and build connections
- No, because students are scared or embarrassed
- Sometimes / Some are, some are not
- Not really, they think staff won't do anything or might tell parents
- Yes, if they know it will be handled privately and seriously

Opinions are mixed—some students feel comfortable reporting, but many are afraid, embarrassed, or don't trust that anything will be done.

9. How do online rumors or negative comments affect students emotionally and academically?

25 responses

- Makes them sad, overthink, and have low self-esteem
- Can lead to depression and suicidal thoughts
- Hard to focus and pay attention in school
- Can cause drop in grades and loss of interest
- Can stop them from coming to school
- Ruins reputation and affects mental health

Students say online rumors and negative comments cause emotional pain, stress, low self-esteem, and academic struggles.

WHAT HAS ALREADY BEEN TRIED?

At Alexandria City High School, several actions have already been tried to help reduce cyberbullying and support student mental health. The school provides counselors and mental health support services for students who are struggling emotionally or experiencing bullying. ACHS also has anti-bullying rules and encourages students to report bullying incidents to teachers, counselors, or administrators. In addition, the school has held student discussions, awareness activities, and social-emotional learning programs that focus on respect, kindness, and online behavior.

WHO CAN HELP?

My stake holder Mr. Lee Conroy could help solve the issue of cyberbullying and mental health at Alexandria City High School by improving student safety programs and creating stronger reporting systems for online bullying. He could also work with counselors, administrators, and students to make sure students feel safer reporting cyberbullying incidents. Since ACPS already has an anonymous reporting system for bullying and student safety concerns, he could help expand awareness about those resources.



WHAT HAS BEEN DONE SO FAR?

Quantity: What actions have been taken?

- Alexandria City High School has counselors, teachers, administrators, and support staff that students can talk to if they experience cyberbullying or mental health struggles.

Quality: How well are those actions working?

- These actions are only partly working because many students still deal with cyberbullying and emotional stress online.

IS IT ACTUALLY HELPING?

Students are still struggling with cyberbullying and mental health problems even with the current support systems at ACHS. Survey data shows that many students believe cyberbullying has become a serious issue that affects students both online and in school.

Hurtful comments, fake rumors, screenshots, public embarrassment, and online arguments can make students feel stressed, anxious, isolated, or insecure.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

The first solution is for ACHS to create more awareness campaigns about cyberbullying and mental health. This could include school assemblies, classroom presentations, posters around the school, and social media awareness events that teach students about the emotional effects of online bullying and how to respond safely.

The second solution is to make reporting cyberbullying easier, safer, and more private. Students should have anonymous ways to report bullying online and should feel comfortable talking to counselors, teachers, or trusted adults without fear of embarrassment or retaliation. Building trust between students and staff could encourage more students to speak up when problems happen.

The third solution is to provide stronger mental health support for students affected by cyberbullying. ACHS could offer more counselor check-ins, peer support groups, stress-relief activities, and safe spaces where students can talk openly about their experiences and emotions.

Another solution could be creating student-led groups or clubs focused on kindness, digital responsibility, and mental health awareness. Students may feel more comfortable listening to and supporting each other when discussing online behavior and bullying prevention.

WHAT WILL HAPPEN NEXT?

These changes could help students feel safer, reduce stress and anxiety, improve mental health, and create a more positive school environment at ACHS.

CITATIONS

Alexandria City High School. (2024). *Titan Changemaker*.

https://docs.google.com/document/d/1LRL9OMnAxns6_ferlDpsEgjn7KEBnSgZ/edit

Alexandria City High School. (2024). *Youth Issue Briefs 2024 - 2025*.

<https://drive.google.com/file/d/1xzczUADtUhPKAorcffoXE4Bqs7kpXkbW/view>

LEARN MORE

ACPS Website: The ACPS website lists what the school have tried to improve.

Titan Change maker: This lists all the problems that the school has and the solutions to it.

