

## Bio Anouk den Hamer

Anouk den Hamer was born in The Hague, The Netherlands (October 11<sup>th</sup>, 1983), and was raised in Amersfoort. From an early age on, she was interested in media, leading her to pursue a bachelor's degree in Media Studies (Film and Television Sciences) at Utrecht University (2002-2005). Thereafter, she obtained a bachelor's degree in Spanish, also at Utrecht University (2005-2007). In 2008, Anouk lived in Seville (Spain) for half a year. Following her time in Spain, Anouk worked as a recruiter at a company that develops videos for presenting jobseekers to employees (Vidorecruitment.nl).

Anouk came back to academia in 2010, when she decided to learn more about the underlying mechanisms of how media affect our behavior. She got a Master's degree in Communication Sciences at VU University (2010-2011). During her Master education, two things happened that marked her career. Firstly, Anouk became a student assistant for statistic courses, in which she discovered the fun she has in tutoring others in statistics. Once Anouk graduated, her enthusiasm for helping students with statistics resulted in a job as a lecturer at VU University, mainly in courses on the basics and main principles of statistics, developed for large student audiences. Secondly, during her Masters, Anouk was highly attracted to the topic of cyberbullying. To better understand the how and why of adolescents bullying each other in the online world, Anouk decided to write her Master thesis about the topic 'cyberbullying'. After graduating cum laude, Anouk continued her research on cyberbullying behavior, which ultimately resulted in a PhD project under the supervision of professor Elly Konijn. Here, Anouk investigated the concepts of being bullied, anger, and media use in relation to cyberbullying behavior among adolescents, which resulted in this dissertation.

At this moment, Anouk works as a lecturer in statistics at the Department of Sociology at VU University and investigates cyberbullying behavior. More specifically, she currently works on a study which aims at helping adolescents to deal with their anger by using mindfulness techniques, ultimately aiming to lower adolescents' levels of anger in order to reduce their cyberbullying behavior.