



TELL AN ADULT

TAKE THEM AWAY FROM THE PERSON BULLYING

TELL THEM TO STAY AWAY. NO-ONE DESERVES TO BE BULLIED

BE KIND TO THE CHILD THAT IS BEING BULLIED. SHOW THEM YOU CARE

DON'T TREAT YOUR CLASSMATES THE WAY YOU WOULD NOT LIKE TO BE TREATED

STAND UP AND TELL YOUR TEACHER

Help make our school

A BULLYING **FREE** SCHOOL!

You are NOT alone

The law is on your side because bullying is a crime

ASK FOR HELP

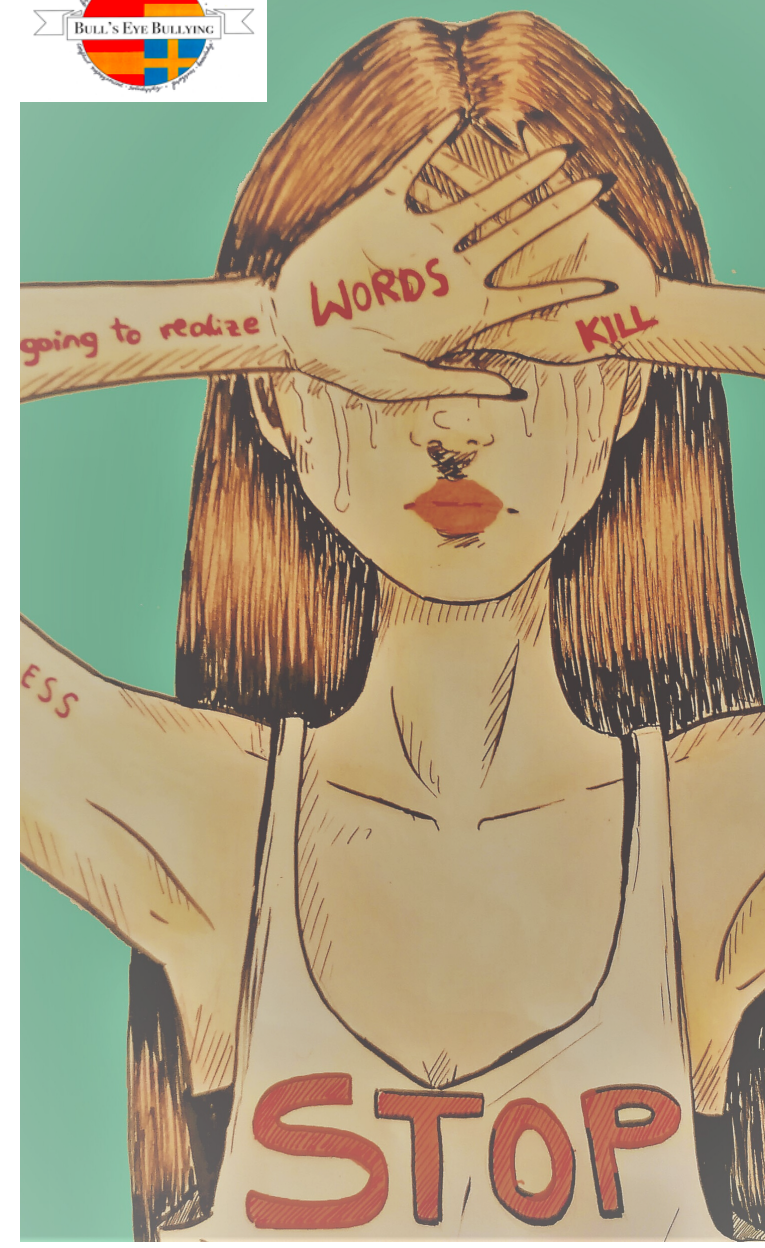


Call a a hot line

Contact the police!
They are going to help you!



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**TOGETHER AGAINST
(CYBER)BULLYING**



BULLYING

BULLYING IS A REPEATED VERBAL, PHYSICAL AND/OR PSYCHOLOGICAL AGGRESSION FOLLOWING CERTAIN CHARACTERISTICS:

Intentionality

The aggression produced does not consist of an isolated event and is addressed to a specific person with the intention of turning him/her into a victim.

Imbalance of power

The victim stands on his own and is confronted with one or more bullies. There is an inequality of physical, psychological or social power.

Frequency

The assaults happen regularly.

Duration

The assaults have occurred for a period of time.

Helplessness

The victim is not able to find a way out of that situation on his/her own.

TYPES OF BULLYING

PHYSICAL



Includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long term damage.

VERBAL

Includes name calling, insults, teasing, intimidation, homophobic or racist remark. They choose their targets based on the way they look, act, or behave. It's also common for verbal bullies to target kids with special needs.



SOCIAL



It is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and / or cause humiliation.

CYBERBULLYING

It is an intentional and repeated harm inflicted through the use of computers, phones, and other electronic devices.



The abuse is fed with silence
the silence of those who produce it
the silence of those who suffer, and
the silence of those who see it and don't act

Victims

They do not usually have the resources to react. They are usually shy and insecure, with low self-esteem, and show little assertiveness. They feel overprotected by their parents and with little independence.

Bullies

They are usually physically strong, aggressive, impulsive, dominant with low tolerance for frustration. They are more likely to have poor performance in school performance in school.

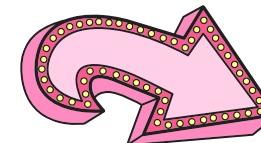
Bullies are also more likely to report drug and alcohol use and violence later in adult life.

Witnesses

or bystanders, are often partners of victims and aggressors. In some cases they observe without intervening and in others they participate in the aggressions. The aggressors need the silence and complicity to continue their behavior.

The Student / Your child

- is often depressed or sad
- doesn't want to go to school
- regularly loses money or personal things
- increasingly complains about physical pain
- suffers from disorders in appetite and sleep
- doesn't meet any classmates after school



This could mean that bullying is happening