

BULLYING



FORMS OF BULLYING

PHYSICAL

hit, kick, pinch, hurt, push, attack

VERBAL

nicknames, mock, insult

PSYCHOLOGICAL

threaten, chase, ignore, terrorize, exclude, humiliate

SEXUAL

abuse, harass, insinuate

MORAL

defame, slander, discriminate

MATERIAL

steal, destroy personal and material property

Every student has the right to feel safe and confident at school, but sometimes this safety is threatened by a phenomenon designated by bullying, about which we must all be attentive.

DO YOU KNOW WHAT BULLYING IS?

Bullying is an aggressive behaviour done consciously and in a continuously way and it occurs without evident motivation. It is practised by one or more individuals against others and with uncontrollable damage.

CONSEQUENCES OF BULLYING

Bullying causes such level of damage that it can lead to suicide.

Bullying is no joke!

Stay focused!



WE STAND TOGETHER AGAINST BULLYING

WARNING SIGNS



- Do you have colleagues who are constantly teasing you or beating you?
- Do you feel that you are put aside by your colleagues?
- Do you have no friends?
- Are you always sad and isolated?
- Do you fear going to school?
- Do you have nightmares related to school?
- Do you often have headaches and tummy aches?
- Are you no longer interested in school affairs?
- Has your school performance been declining?

STOP BULLYING

BULLYING IS A CRIME

STOP VIOLENCE, IT JUST DESTROYS!

If you answered yes to all these questions, you are being bullied!

HOW CAN WE HELP VICTIMS OF BULLYING?

20th
October

INTERNATIONAL STAND UP TO BULLYING DAY



Agrupamento
de Escolas
de Rio Tinto

This date is an international alert for the problem which affects many young people in schools today.

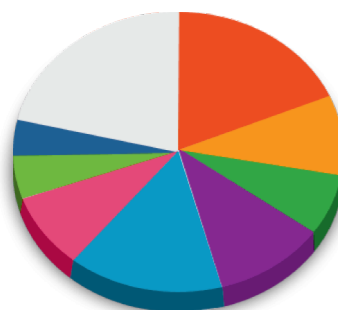
Its aim is to make world population aware of the existence of this kind of violence, in order to get victims to report their situations and find solutions.

Family and school must be allied in prevention and fight against violence among children and teenagers.



SCHOOL BULLYING

- Don't ignore the situation, report it!
- Show others that violence can be avoided!
- Appeal to dialogue!
- Try to lift the self-esteem of the victim!
- In group try to find some solutions for your school.



- Name calling | Insults 17,6%
- Shoved | Tripped 8%
- Threats | Intimidation 5%
- Cyberbullying 9%
- Spreading rumors 18,3%
- Exclusion | Leaving out 6%
- Damaging property 3%
- Forced to do something 3,3%

TYPES OF BULLYING REPORTED
BY THOSE WHO'VE BEEN BULLIED
source NCES, 2013

“The world is a dangerous place to live in, not because of those who do evil, but because of those who observe and allow bad things to happen.”

Albert Einstein



HELP STOP BULLYING BY SPEAKING OUT!

To know more, visit...

www.portalbullying.com.pt

www.coe.int/en/web/children/bullying



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