

# BULLYING

*United against bullying*

**ERASMUS Project 2022**

**SPAIN - IES Politécnico Jesús Marín**

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## WHAT IS BULLYING?

We will briefly talk about the concept of bullying

## CHARACTERISTICS

Main characteristics,  
2.1. Types of bullying  
2.2. People involved in the act

## FIGURES

Just so we get a general idea of what we are talking about, we will show some figures of bullying statistics

## EFFECTS OF BULLYING

Negative experiences after being bullied

## HOW CAN WE DEAL WITH BULLYING?

5.1. Tips for people who are going through these situations  
5.2. How can you help?



# What is bullying?

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We can describe bullying itself as the *intentional hurting* or *molesting action* of a person or group to another one (or ones) who is being either molested, discriminated against, physically or verbally abused, or even laughed at. These types of behavior tend to happen at school or high-school but they can also take part in college, socially or even online.



# Characteristics



- The **bully feels superior** to the victim and they often do it to seem cooler among their friends.
- It can be done by a **group of people** or by just **one single person**.



# Characteristics



- Sometimes there are constant **threats** from the aggressor(s) towards the victim, so that they won't tell anybody.
- The aggressor usually exhibits **violent** or **aggressive behaviors**.



# Characteristics



- The **victim tends to have a passive, submissive, or shy personality**, and that's why this type of person tends to be more at risk of getting bullied along with people with disabilities or aspects of theirs that aren't really common.



# Types of bullying

We can talk about 5 different types of bullying



Cyberbullying

Physical bullying

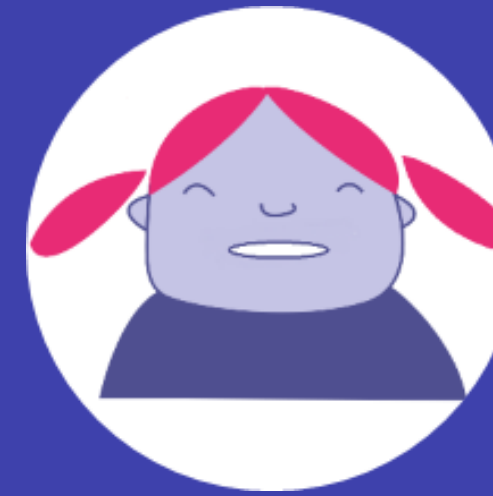
Verbal bullying

Sexualised bullying

Social bullying



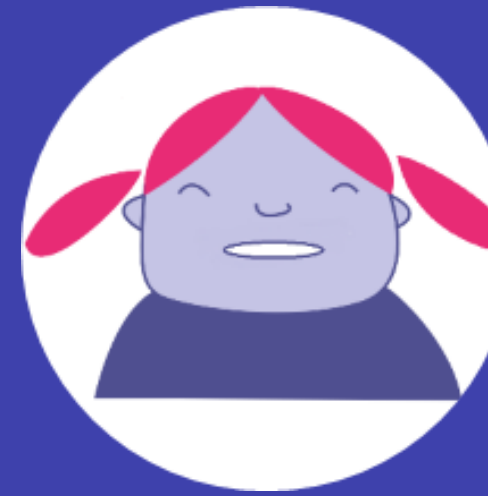
# People involved in the act



**Ringleader**



# People involved in the act



**Ringleader**



**Reinforcer**



# People involved in the act



**Assistant**



**Ringleader**



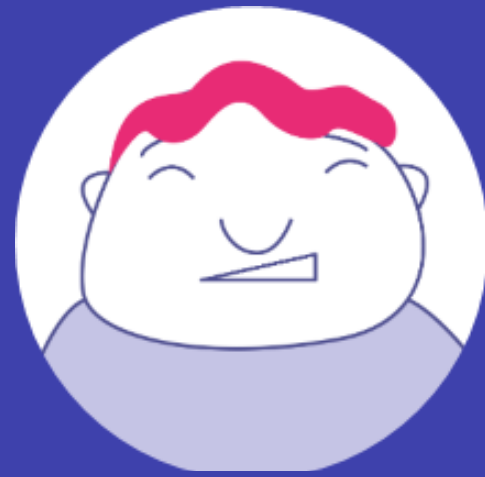
**Reinforcer**



# People involved in the act



**Outsider**



**Assistant**



**Ringleader**



**Reinforcer**



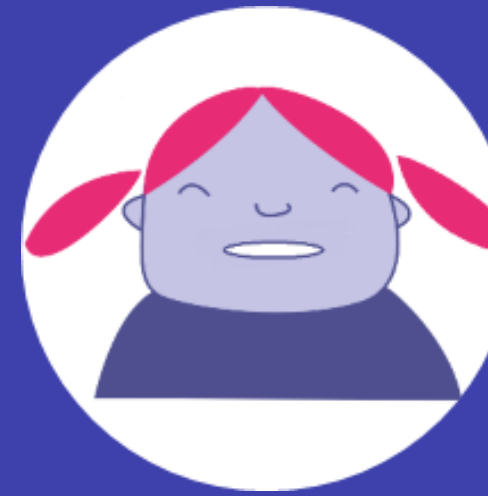
# People involved in the act



**Outsider**



**Assistant**



**Ringleader**



**Reinforcer**



**Target**



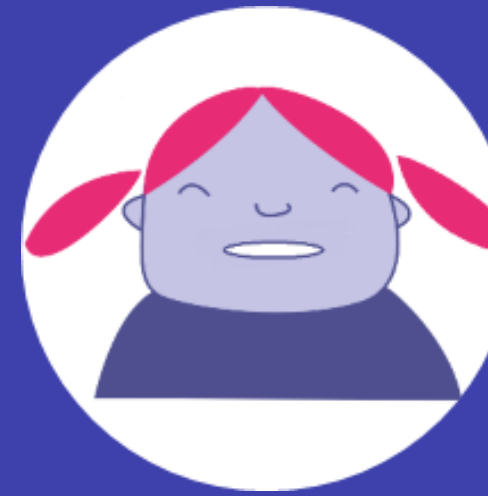
# People involved in the act



**Outsider**



**Assistant**



**Ringleader**



**Reinforcer**



**Target**



**Defender**



# Effects of bullying



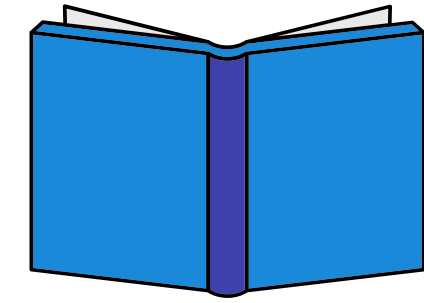
## Mental health

- **Depression and anxiety**
- **Increased feelings of sadness and loneliness**



## Physical health

- **Changes in sleep and eating patterns**
- **Loss of interest in activities they used to enjoy (sports, taking walks...)**
- **Health complaints**

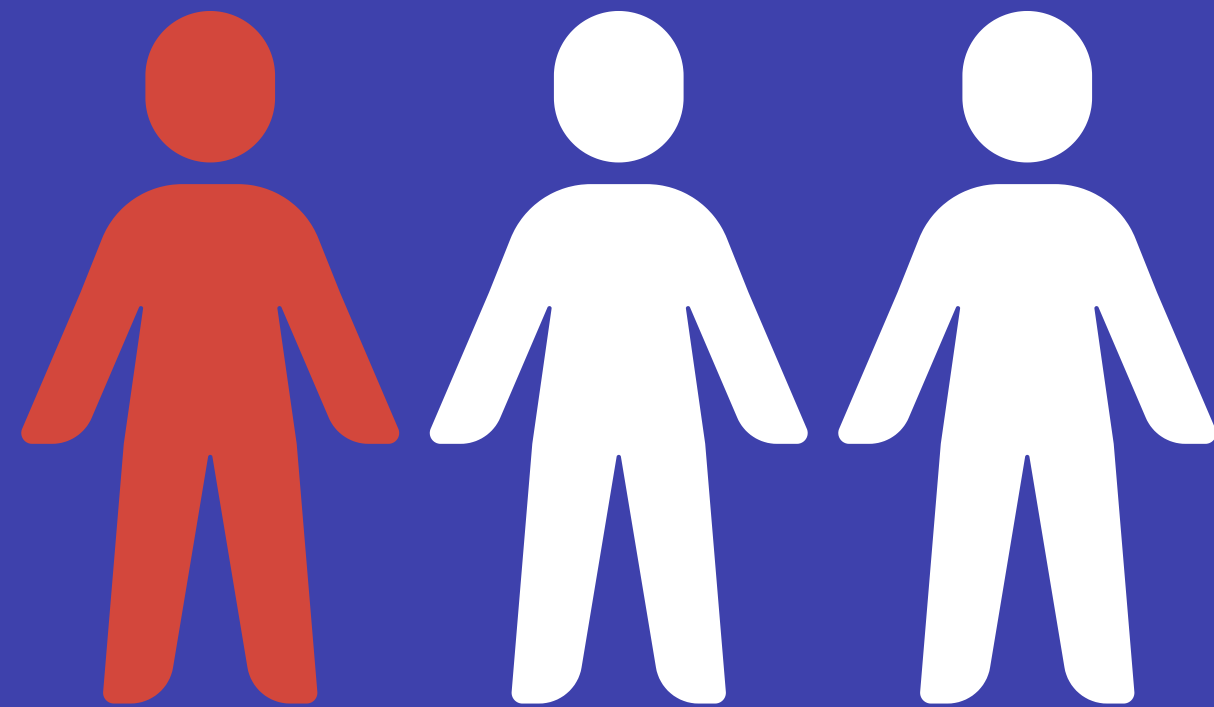


## Academically

- **Decreased academic achievement and school participation.**
- **They are more likely to miss, skip, or drop out of school.**



# Figures of students being bullied



**One third** of the globe's youth is bullied every year



# What can we do about bullying?

## *Tips for people who are going through a case of bullying*

- Finding the strength
- Accepting your emotions
- Managing the stress
- Asking for help to family or friends, or to professionals
- Leaving the scars behind
- Receive motivation from the things that make you happy
- Convince yourself that you are brave enough.
- It's okay to take some time

## *What can we do about it*

- If you consider that someone may be at risk of being bullied, talk to the person and let them know that you care about their well-being.
- Don't repeat rumors, be comprehensive.
- Confront bullying if you think is necessary at the moment, or talk to an adult you trust about the situation, and think about a wise solution to stop a bullying case.
- Talk to your friends about how everyone can deal with bullying.
- Start campaigns that raise awareness around your area.



# We can all stop bullying



"Let them know that blowing out someone else's candle doesn't make theirs shine any brighter"

