



BULLYING AND CYBER-BULLYING



WHAT IS THE BULLYING?



BULLYING IS A REPEATED AND AGGRESSIVE BEHAVIOR.

BOTH PEOPLE WHO WERE INVOLVED, THE VICTIM AND THE BULLY HAVE SERIAL MENTAL PROBLEMS.

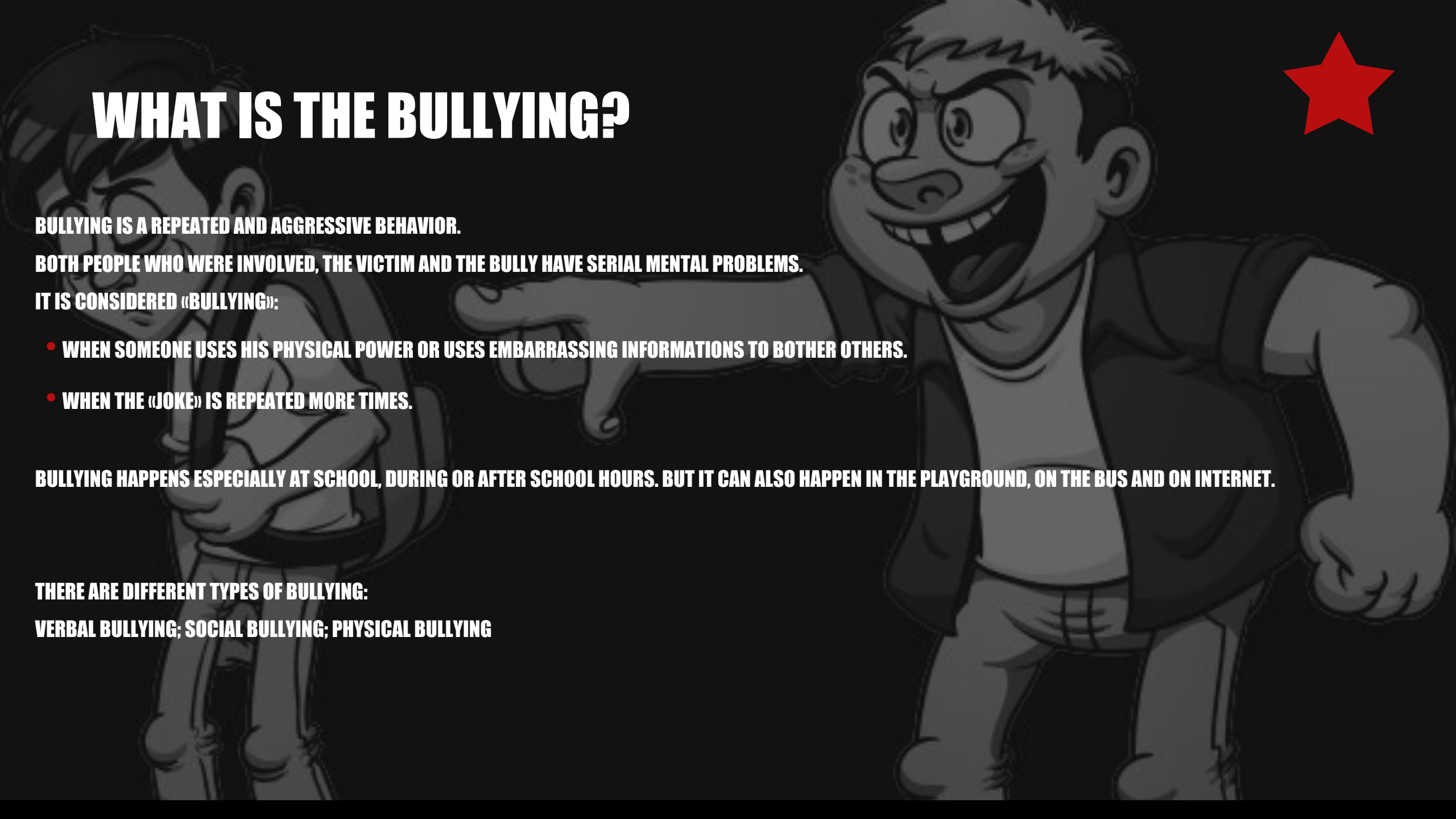
IT IS CONSIDERED «BULLYING»:

- **WHEN SOMEONE USES HIS PHYSICAL POWER OR USES EMBARRASSING INFORMATIONS TO BOTHER OTHERS.**
- **WHEN THE «JOKE» IS REPEATED MORE TIMES.**

BULLYING HAPPENS ESPECIALLY AT SCHOOL, DURING OR AFTER SCHOOL HOURS. BUT IT CAN ALSO HAPPEN IN THE PLAYGROUND, ON THE BUS AND ON INTERNET.

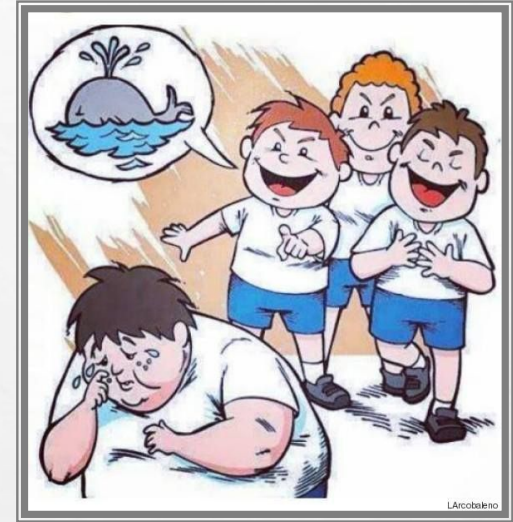
THERE ARE DIFFERENT TYPES OF BULLYING:

VERBAL BULLYING; SOCIAL BULLYING; PHYSICAL BULLYING



EXAMPLES OF BULLYING:

- **VERBAL BULLYING: TEASING, NAME CALLING, SEXUAL COMMENTS, HUMILIATING COMMENTS**
- **SOCIAL BULLYING: TELLING OTHER CHILDREN NOT BEING FRIENDS WITH THE VICTIM, LEAVING THE VICTIM OUT ON PURPOSE.**
- **PHYSICAL BULLYING: PUSHING, BREAKING VICTIM'S THINGS, SPITTING ON THE VICTIM**



WHAT CAN THE SCHOOL DO?

THE SCHOOL WORKS HARD TO PREVENT BULLYING BUT ORGANISED DEMONSTRATIONS TO BE AWARENESS OF THE PROBLEM AREN'T ENOUGH, BECAUSE IT'S NECESSARY TO TEACH THE STUDENTS TO STAND UP FOR THEMSELVES.

SOMETHING ELSE TO HELP TO FIGHT BULLYING IS BREAKING THE «OMERTA» WALL, BECAUSE, STUDENTS OFTEN KNOW WHO IS THE VICTIM AND WHO IS THE BULLY AND DON'T SAY ANYTHING, AND SO THE VICTIM FEELS EVEN MORE ALONE.

ABOUT CYBER-BULLYING:

ADULTS CAN ALSO BE VICTIMS OF BULLYING, BUT IT'S MORE COMMON ONLINE, SO IN THIS CASE WE CAN TALK OF «CYBER-BULLYING».

CYBER-BULLYING IS A TYPE OF BULLYING THAT OCCURS ON DIGITAL DEVICES, AND THE MOST COMMON PLACE WHERE IT TAKES PLACE ARE SOCIAL MEDIA, EMAILS, SMS, ONLINE GAMES...

IT CONSISTS IN SENDING, POSTING AND SHARING FALSE AND EMBARRASSING CONTENTS ABOUT SOMEONE ELSE.
IT CAN BE:

- **PERSISTENT:** BECAUSE DIGITAL DEVICES OFFER A COMMUNICATION FOR 24 HOURS SO IT'S DIFFICULT FOR CHILDREN TO ESCAPE FROM THE BULLY.
- **PERMANENT:** BECAUSE MOST OF THE SHARED CONTENTS REMAINS ONLINE AND IT'S NOT POSSIBLE TO REMOVE THEM.
- **HARD TO NOTICE:** BECAUSE IT HAPPENS ONLINE AND IT'S HARDER TO RECOGNIZE.

VICTIMS CAN SUFFER OF SELF-ESTEEM PROBLEMS, DEPRESSION, ANXIETY AND SOMETIMES THEY COMMIT SUICIDE.

