

**STOP BULLYING**



# INTRODUCTION

Bullies use verbal or physical abuse to upset people. They pick on someone for being different in some way: tall, short, chubby, ugly..

Being bullied can cause terrible stress; the victims can become frightened, disturbed, worried, depressed..

There are many types of bullying:

- **PHYSICAL:** hitting, punching, or kicking.
- **VERBAL:** name-calling or taunting.
- **RELATIONAL:** destroying peer acceptance and friendships.
- **CYBER-BULLYING:** using electronic means to harm others.

Physical, verbal and relational bullying are most prevalent in primary school and could also begin much earlier. Cyber-bullying is more common in secondary school than in primary school.

Norwegian researcher, Dan Olweus, says bullying occurs when a person is "exposed, repeatedly and over time, to negative actions on the part of one or more other persons". He says negative actions occur "when a person intentionally inflicts injury or discomfort upon another person, through physical contact, through words or in other ways."



Andy, 15

This happened just outside my school. It was only about 4.30 and some boys stopped me. One of them says: “ Give me your mobile phone!” and then they looked at me really aggressive and would hurt me.

I didn't have idea what to do because this kind of things has happend to loads of my mates.

Cyberbullying is any bullying done through the use of technology. This form of bullying can easily go undetected because of lack of parental/authoritative supervision. Because bullies can pose as someone else, it is the most anonymous form of bullying. Cyberbullying includes, but isn't limited to, abuse using email, instant messaging, text messaging, websites, social networking sites, etc. With social networks like Facebook, Myspace, Instagram and Twitter social networks, cyberbullying has become very popular in today's society and occurs more frequently. Particular watchdog organizations have been designed to contain the spread of cyberbullying. Gay bullying is the expressions used to designate verbal or physical actions against a person who is gay, lesbian, bisexual, transgendered (LGBT), or of questionable sexual orientation, or one who is perceived to be so because of rumors or stereotypes. Gay and lesbian youth are more likely to report bullying.



# Follow these examples to exit the bullying

- *Talk with adults and ask for help;*
- *Asking for help doesn't mean being a spy or a weak, but it is the first step to resolve the situation;*
- *Isolation isn't a solution. Other children may have been involved in bullying: you're never alone.*



It is the friends that  
you can call at 4.00  
a.m. that matter.

Marlene Dietrich

No person is your friend who  
demands your silence, or denies  
your right to grow.

Alice Walker

A friend is one who knows all  
about you and likes you anyway

A friend can tell you things  
you don't want to tell  
yourself.

Frances Ward Weller



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