



**STAY SPECIAL:  
NOT A BULLY,  
BUT A FRIEND**



Erasmus+



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## WHAT IS BULLYING ?

Bullying affects lots of people and can happen anywhere: at school, travelling to and from school, in sporting teams, in friendship or family groups or in the workplace.

There is no legal definition of bullying. But it is usually defined as repeated behaviour which is intended to hurt someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or any other aspect such as appearance or disability.





## WHO IS A BULLY ?

A bully is a person who uses strength or influence to harm or intimidate those who are weaker.



What do bullies do ?

- They try to frighten people who are not so tough
- Tell lies about other people
- Want to hurt people who are smaller than they are
- Call a person not nice and sometimes rude names
- Take someone else's stuff

## THE EFFECTS OF BULLYING

The severity of bullying is often undermined by the following misguided statements:

- Bullying is just a normal part of growing up.
- It helps children deal with the cruelties of the 'real world'.
- It helps sensitive children toughen up.

These opinions are extremely detrimental to the development and safety of children.



Children who are bullied are more likely to:

- Have low self-esteem
- Develop depression or anxiety
- Develop mental health issues
- Become socially withdrawn, isolated and lonely
- Have lower academic achievements due to avoiding or becoming disengaged with school
- Be unable to form trusting, healthy relationships with friends or partners in the future

When left unaccounted for, bullying doesn't just affect the target and the children who are bullying, but everyone who is exposed to the environment in which it occurs - most commonly at school.

## TYPES OF BULLYING

There are many different types of bullying that can be experienced by children and adults similar , some are obvious to spot while others can be more subtle.

### 1) Physical Bullying

Physical bullying is when a person (or a group of people ) uses physical action to bully .



Physical bullying involves:

- Hitting/kicking/pinching
- Spitting
- Taking or breaking someone's things
- Tripping/pushing
- Making mean or rude hand gestures.

How to prevent physical bullying ?

- Try to stay with a group of people not just by yourself
- Show that you are confident and won't be in a fight
- Don't let the bully continue hurting you
- Tell a trusted adult what is happening



## 2) Social Bullying

Social bullying is when a person tries to hurt another person's reputation or relationship with other people .

Social bullying involves :

- Lying and spreading rumours
- Leaving someone out on purpose
- Embarrassing someone in public
- Telling others not to be friends with someone
- Damaging someone's social reputation or relationships
- Not letting someone join your activity



How to prevent social bullying ?

- Ask for help : Asking for help isn't a weakness , having someone to talk to can help enormously. Get your loved ones on board.
- Get involved : Join a group that offers activities that you really like and give yourself a chance to shine .
- Be yourself : Don't let the small minded actions of other dull your shine . Be kind, be confident and bullies will soon get bored when they don't get a reaction .

### 3) Verbal Bullying

Verbal bullying is a type of verbal abuse . Verbal bullying is often considered less dangerous than physical bullying; however, the effects can be just as harmful.



Verbal bullying involves :

- Name calling
- Insults
- Teasing
- Intimidation
- Taunting
- Racist remarks
- Threatening to cause harm

How to prevent verbal bullying ?

- Ignore it and walk away
- Keep calm
- Report the bullying to a teacher or someone you feel safe with
- Tell a parent or family member



#### 4)Peer Bullying

Students face various problems in the school and some of those are experienced among friends.

Bullying or peer abuse occurs when children are singled out for ridicule and torment by peers who are relatively more powerful than they are. Bullies are typically older , physically larger , more aggressive or more socially powerful than their victims .The bullies goal is to experience themselves as powerful and dominant .



Peer bullying can be directly or indirectly. While physical and verbal bullying are elements of direct bullying , social exclusion is in the scope of indirect bullying.

All types of bullying are hurtful and unacceptable forms of peer abuse .

How to prevent peer bullying ?

- Walk away .If the situation seems threatening or dangerous , it's the best to get away from the bully.
- Tell someone so the bully will stop . It' important to report bullying right away so that someone in authority can put a stop to it .
- Ask the bully to stop if you feel safe doing so. If you don't feel physically threatened, using direct, assertive communication and body language is a good way to address a bully.
- Stay calm. It is the bully's goal to get an emotional response out of you, so do your best to keep calm and avoid showing them how you feel.

## 5) Cyber Bullying

Cyber bullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones.

Cyber bullying involves :

- Posting/sending hurtful texts emails or posts ,images or videos
- Making online threats
- Imitating others online or using their log in
- Spreading nasty gossip and rumours
- Deliberately excluding others online



How to prevent cyber bullying?

- Block the person who is cyber bullying you and change your privacy settings
- Don't retaliate or respond to the bully .
- Report the bullying : Most websites have online help centres and reporting facilities and online abuse is in violation of the Terms Of Use of most social networking sites.
- Collect the evidence .Keep mobile phone messages and print emails or IM conversations.
- Talk to someone you trust like your parents or a teacher .

## REFERENCES

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