



Erasmus+

blurred lives PROJECT

A Cross-National, Co-Participatory Exploration Of
Cyberbullying, Young People And Socio-Economic
Disadvantage.

EXAMPLES OF BULLYING

PHYSICAL BULLYING

This is bullying that hurts someone's body or damages their possessions.

EMOTIONAL BULLYING

This is also known as psychological abuse. Emotional abuse tends to take form of a cycle. This is the most common form of bullying.

VERBAL BULLYING

This is any bullying done by speaking. With verbal bullying, the main weapon the bully uses is their voice.

CYBER BULLYING

Cyberbullying is any form of bullying which takes place online through smartphones and tablets.

“When people hurt you over and over, think of them like sandpaper. They may hurt you a bit, but in the end, you end up polished and they end up useless.

ANDY BIRSACK

HOW CAN YOU HELP A STUDENT GETTING BULLIED?

- Offer advice
- Listen to them
- Show support