



NO BULLYING ZONE

STAND UP. STAY STRONG. UNITE TO END BULLYING.

WHAT IS BULLYING?

- Bullying is deliberate aggressive behaviour that involves a real or perceived power imbalance.
- The behaviour is usually repeated over time.

TYPES OF BULLYING

- Verbal Bullying e.g. teasing, name calling, threats
- Physical Bullying e.g. hitting, kicking, pushing, spitting
- Relational Bullying e.g. leaving someone out on purpose, spreading rumours
- Cyberbullying e.g. harassment, flaming, exclusion

WHY DO PEOPLE BULLY?

There are lots of reasons why some people start bullying others, including:

- -maybe they haven't learnt to respect difference e.g. race, religion, gender, disability
- maybe they haven't learnt how to resolve differences peacefully
- maybe they have been bullied themselves
- maybe they come from homes where they witness violence and aggression and so it seems normal to behave like that

EFFECTS OF BULLYING

- Bullying can affect everyone
- It is linked to many negative outcomes on victims including impact on physical health, mental health, school attendance and academic achievement.

WHAT CAN I DO TO STOP BULLYING?

- Refuse to be an audience for bullying: walk away, report it and get help
- do not follow the crowd: do not laugh when someone is being picked on
- don't be a bystander, be an upstander

WHAT SHOULD YOU DO IF YOU'RE BEING BULLED ONLINE?

We all love to use social media apps but some people think they can say anything they want online and can bully others. If you are bullied online, remember to:

- tell a friend or family member or teacher
- block the sender and report them on the app
- don't delete the evidence - save them or take a screenshot
- don't retaliate
- if necessary, change your user ID / profile

“ **The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing** ”

Albert Einstein



kabadayılığı bırak (Turkish)
zatrzymać zastraszanie (Polish)
बदमाशी बंद (Hindi)
ndalo ngacmimin (Albanian)
prestat shkanovaf (Slovak)
joojinta xoog sheegashada (Somali)
توقف عن البلطجة (Arabic)
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detener el acoso (Spanish)