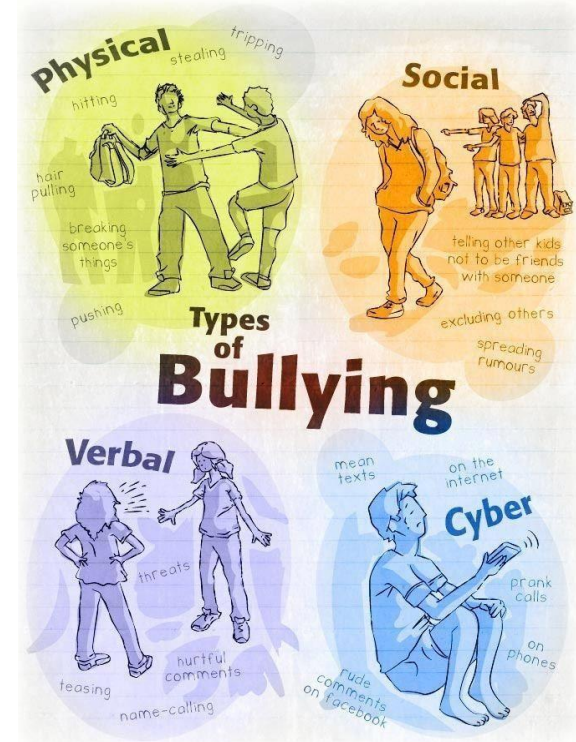


SAY "NO" TO BULLYING AND CYBERBULLYING!!



PowerPoint Milena Daddabbo, Gabriele Enea and Eva Anselmi

BULLYING

- physical and verbal
- can be at school or in a public places
- has a group



CYBERBULLYING

- online
- bad comments under video or post
- dangerous for dignity

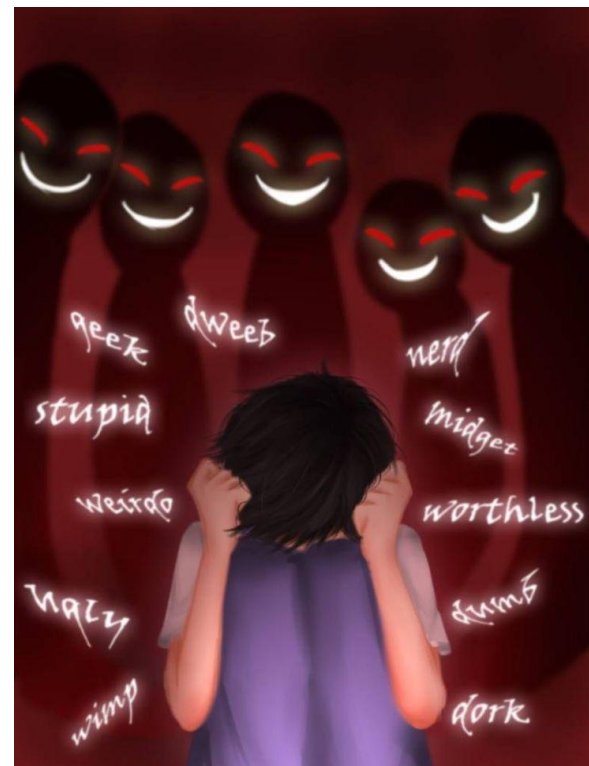


The different ways they can hurt you

- posting offensive comments
- embarrassing photos or videos on social media
- sharing photos without permission



- laughing at people
- calling people mean names
- telling lies about people



How the victim feels?

Victims can experience significant social isolation and feel unsafe. It can lead to emotional and physical harm, loss of self-esteem, feelings of shame and anxiety, concentration and learning difficulties.



Who can help

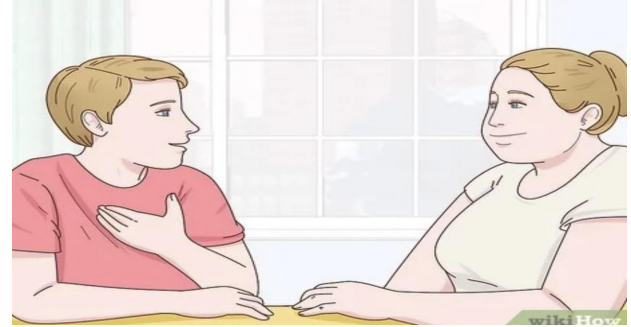
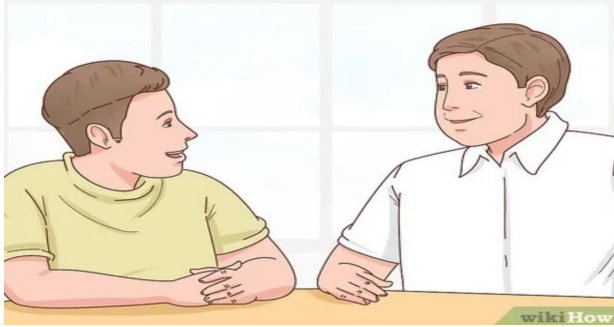
Your parents, a favorite teacher, school administrators, counselors, and even police officers can help you deal with cyberbullying.

How to stop it

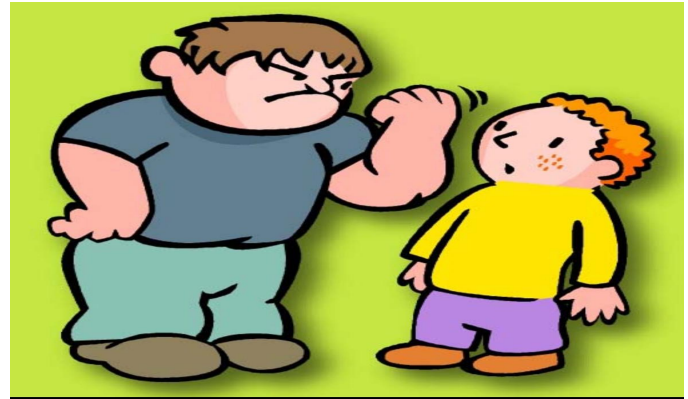
There is no precise way to stop cyberbullying but we can still block bullies, report them and ensure that they no longer bother anyone

“5 tips for bullying”

1. Talk to someone you trust: your parents or your friends



2. Don't respond with violence: Responding to bullying with anger or violence can make the situation worse.



3. Seek support from friends: Having a group of friends who support you can make a big difference.



4. Use school or online resources: Many schools and organizations offer resources to fight bullying,



5. Report it: if bullying becomes serious, it's crucial to report it.

