

Bullying and cyberbullying

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WHAT IS BULLYING?

- Bullying is a form of violence that can be verbal or physical
- It's a repeated and constant action over time
- It can be in a group or single



AND CYBERBULLYING?

- Is another form of bullying
 - it's online and it's very dangerous
 - the cyberbully can be anonymous and he can blackmail you or create false profile of your person
 - it's a psychological violence and it destroyed your social life

The most important differences between bullying and cyberbullying

- 1** Bullying is phisical , cyberbullying is mental
- 2** Bullying is at school or in the open air, cyberbullying is on social media
- 3** Bully is a real person, cyberbully can be a maniac or an adult behind a phone
- 4** It isn't a difference but a thing in Common:
Both are dangerous and they are also destructive for
Your soul





Bullying can hurt in different ways

With insults, threats ,teasing , abuse or forced with phisical violence

But why bully hurt you?

Maybe for your skin tone, for your religion,
For your culture, for your gender or for your disability

How the victims feel?

Victims almost always are sad or depressed
they are angry too, and they can start have low self-esteem
They also start to do badly at school and they feel alone
But the worst thing that they can do are extreme gestures



STOP BULLYING



Stop bullying or cyberbullying means helping those who are hurt and prevent it from happening again

You can help

If you know someone bullied ,listen and show that you care

Let them know they aren't alone and say them to talk

With an adult that can help them

How to prevent it

- be careful about your posts and comments online
- protect your privacy and don't post private photos
 - Be kind with other people
 - if you see a form of bullying fight it with the victims
- make internet a safety and healthy place

