Bullying and cyberbullying

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WHAT IS BULLYING?

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

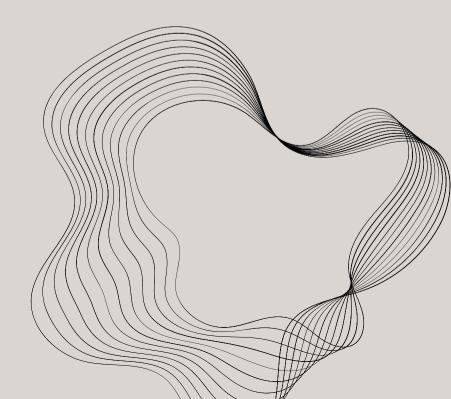


AND CYBERBULLYING?

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



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The most important differences between bullying and cyberbullying

- Bullying is phisical, cyberbullying is mental
- 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
- It isn't a difference but a thing in Common: Both are dangerous and they are also destructive for Your soul









But why bully hurt you?

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

Bullying can hurt in different ways

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

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

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

