

Types of bullying

1. Direct Bullying and Indirect Bullying

Direct bullying is different from indirect bullying as direct bullying involves direct contact with the one being bullied. Indirect may not.

2. Cyberbullying

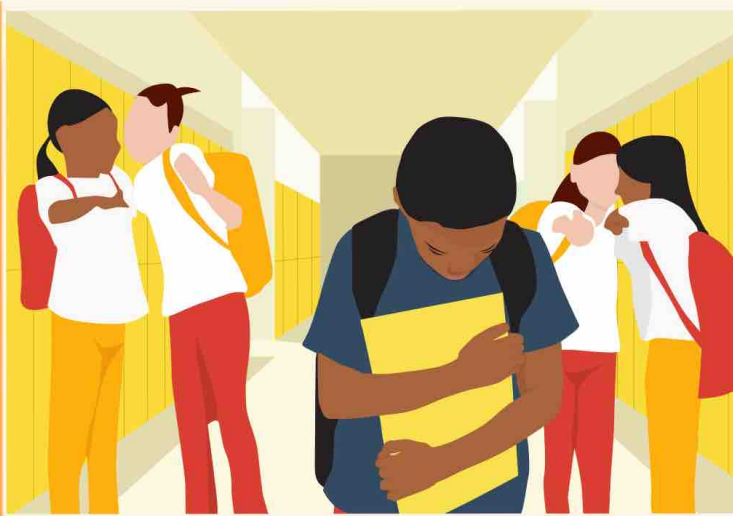
Cyberbullying is any type of bullying that happens online. It can be hurtful comments on a personal site or deceptive private messaging.

3. Physical Bullying

Physical bullying always involves physical contact with the other person. This can mean hand-to-hand, but can also mean throwing items, tripping, or eliciting others to cause physical harm to a person.

4. Emotional Bullying

Emotional bullying involves using ways to cause emotional hurt to another person. This can include saying or writing hurtful things, causing others to gang up on an individual, purposeful ignoring, or spreading rumors.



We all are participants or witnesses of bullying, but not all of us take measures to prevent violence. Nowadays, online bullying and psychological violence is more prevalent. It takes place on social media in the comment section. We can turn off the comments, but with that the support is stopped as well. Psychological violence does not necessarily mean it is online, it can take place when we are face to face with someone



5. Sexual Bullying

Sexual bullying refers to any sort of bullying, done in any manner, that is related to a person's gender or sexuality. Examples can include forcing someone to commit intimate acts, making sexual comments, or unwanted touching.

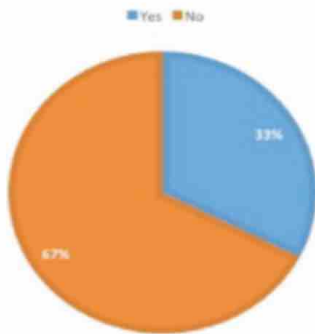
6. Verbal Bullying

Verbal bullying means using any form of language to cause the other person distress. Examples include using profanities, hurtful language, negatively commenting on a person's appearance, using derogatory terms, or teasing.

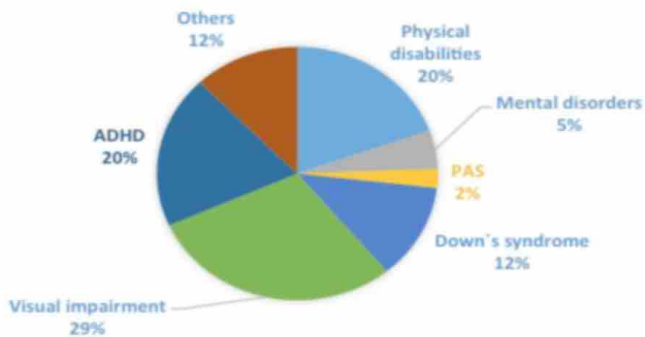
7. Bullying in Higher Education

Many people wrongly assume that bullying stops in high school, but bullying still occurs in higher education as well. This can happen in many forms, and comes with special challenges due to students living away from home and on their own in many cases.

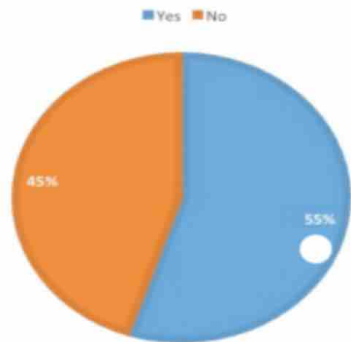
HAVE I EVER BEEN BULLIED



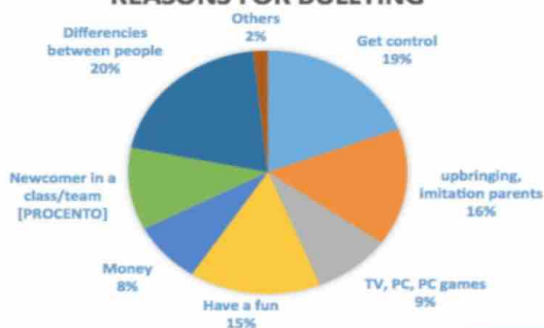
TYPE OF DISABILITY OR DISADVANTAGE



DO I KNOW SOMEONE WHO WAS BULLIED



REASONS FOR BULLYING



How to prevent bullying in school

- Educational Talk to the teaching team
- Awareness campaign in every class to help students identify bullying and aggressors
- From the age of 10, training with guidelines for prevention and protection against cyberbullying
- Teaching tools for use in the classroom, such as books and videos
- Talk to parents and non-teaching staff like brothers, sisters and other family members
- Have the police come to the school and educate students about it
- Propose and organise activities to give the students the opportunity to bond

It cost 0.00\$ to be a nice person

ANTI BULLYING

Definition Bullying

Bullying is a repetitive and intentional conducts by any means, by which a student intends to intimidate, subdue or frighten, emotionally or physically, a victim (another student), whether premises of an educational institution or outside of it.

Helpline

Romanian Alliance for Suicide Prevention 0800 801 200
 Macedonian National Helpline 15 315
 Suicide Hotline Spain 914590050
 Mobbing ash Luxembourg 28 37 12 12
 Prevention Dépression Luxembourg 45 45 45
 Children's Hotline association Romania 116111
 Children Bullying Hotline Spain 900 018 018
 Victim Support Finland 116 006
 Finland Suicide Hotline 010 195 202