

ANTI-BULLYING DECALOGUE

1. Encourage everyone to stand up in case of bullying

Not saying anything could make it worse for everyone. The kid who is bullying you or others people you know will think it is ok to keep treating others that way, degrading colleagues and classmates. The victims are stronger together than apart. Treat everyone with respect and work together in order to stop the bully.

2. Learn the warning signs

Many children don't tell anyone when they have been or are being bullied. Make sure you recognise the bullying red flags:

- Avoiding school or activities
- Change in eating habits
- Change in hygiene
- Dropping grades
- Headaches, stomachaches, and other illnesses
- Mood and personality changes

3. Look for what is called "gateway indicators."

These are initial behaviors that students display that are often gateways for more intentional types of bullying. Some possible gateway indicators include rolling eyes, laughing under their breath, making jokes, turning their back on others, and using sarcasm. If you see these behaviors, look a little closer. There may be subtle forms of bullying taking place already.

4. Always ask for help:

You should talk to a parent, teacher, or another adult you trust if you are bullied or see others being bullied. The adult can give comfort, support, and advice, even if they can't solve the problem directly. Always report bullying if it happens. Don't keep your feelings inside. Telling someone can help you feel less alone.

5. Know yourself and your true worth

When you understand your own talents and qualities, the words the bully uses to address you will have less of an impact on you. You should concentrate on learning to appreciate yourself and gaining the essential self-assurance. When the bully realizes you are capable of standing up for yourself, they will stop.

6. Learn more about bullying

In order to assist others, you must be well-informed on the subject. Make sure you understand the most frequent forms of bullying, as well as the signs of cyberbullying. Don't be oblivious to the issues that surround you; instead, attempt to be as informed as possible.

7. Speak with the victim privately

Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone, that their voices are heard. But acknowledge that people that are getting bullied might be shy at first and refuse your help. It is important not to give up.

8. Make sure you are safe

Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if sarcasm is easy for you. It could catch the kid bullying you off guard. If speaking up seems too hard or not safe, walk away and stay away for good. Don't fight back. Find an adult to stop the bullying on the spot. Try and keep away from places where bullying usually happens: Stay near adults and other kids. Most bullying happens when adults aren't around.

9. Try to raise awareness about bullying

Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Be on a school-safety committee. Create posters for your school about bullying. Be a role model for younger kids. Write a blog, letter to the editor of your local newspaper, or tweet about bullying. Every action matters!

10. Talk to the bully

Hurt people are the ones that hurt people. The person who bullies probably has some unresolved trauma from the past, whether it is lack of attention from parents and members of the family or the wish for validation. This is not a justification for their behaviour, however trying to understand where the bad behaviour is coming from might help and also prevent future cases of bullying in and out of the schools.