



Erasmus+



We are the same despite our differences



What is Violence?

Violence is harming another person – causing pain or hurting someone. It's a deliberate action that makes someone feel bad and unsafe.

When Do We Talk About Violence?

- ☐ **When one person has an advantage and uses it against another**

This could be someone bigger, older, or in a position of power using that advantage to hurt others.

- ☐ **When someone deliberately causes harm**

The key word here is "deliberately" – it's not an accident, but a conscious choice to hurt someone.

- ☐ **When we suffer and cannot defend ourselves**

This creates a situation where the victim feels helpless and unable to protect themselves from harm.



Types of Violence



Physical Violence

Hitting, pushing, or any form of physical harm that causes bodily injury or pain.



Verbal Violence

Name-calling, threatening, or using words to frighten and emotionally hurt someone.



Online Violence

Sending nasty messages, cyberbullying, or using the internet to harm others emotionally.



Neglect

Lack of care and attention, failing to provide basic needs like food, shelter, or emotional support.



What is Aggression?

Aggression is anger or fury that can manifest as bad behaviour. But aggression isn't always violence.

Sometimes we all feel angry or frustrated – that's normal! The important thing is how we handle those feelings.

Aggression becomes a problem when it's used to deliberately hurt others or when someone can't control their angry feelings.



Difference Between Violence and Aggression



Violence is Deliberate Harm

Violence involves intentional hurting when someone has an advantage over another person. It's planned and meant to cause damage.



Aggression Can Be Temporary

Aggression might be momentary anger without the intention to seriously harm someone. It's often an emotional reaction.



Violence is a Serious Problem

Violence hurts others and creates lasting damage to relationships, trust, and emotional wellbeing.



Why is Violence Wrong?

It Hurts Other People

Violence causes physical and emotional pain that can last a long time and affect how someone feels about themselves.

It Makes Us Feel Frightened and Sad

When violence happens, it creates fear and sadness that can make it hard to feel safe and happy.

It Destroys Friendships and Fun

Violence breaks trust between people and makes it difficult to enjoy time together or build meaningful relationships.

An illustration of a woman with long dark hair in a bun, wearing a light grey sweater, hugging a young girl with short dark hair, wearing a white shirt. They are both smiling and looking at each other. The background is a soft, warm-toned abstract shape.

What to Do If Someone is Hurting You

01

Tell a Trusted Adult

Speak to someone you trust like a parent, teacher, or family member. They are there to help and protect you.

02

Don't Be Afraid to Ask for Help

Asking for help is brave, not weak. Adults want to keep you safe and will take your concerns seriously.

03

Remember Your Right to Safety

You have the right to feel safe and protected. No one should make you feel scared or hurt.



If you're in immediate danger, don't hesitate to call for help right away!



Where You Can Seek Help

School Counsellor or Psychologist

These specially trained adults at your school are there to listen and help you work through difficult situations safely.

Parents or Close Adults

Family members and trusted adults in your life want to protect you and will take action to keep you safe.

Emergency Numbers

In serious situations, you can call emergency services like 999 for immediate help and protection.



Remember!

Everyone Deserves Respect

Every person, no matter who they are, deserves to be treated with kindness and respect.

Everyone Deserves Safety

You have the right to feel safe at home, at school, and everywhere you go.

You too can help others by saying "no" to violence!

By standing up against violence and supporting each other, we can create a safer, kinder world for everyone.