

STOP HATE



ERASMUS+ KA210

Project "We are the same despite
of our differences"



Erasmus+



Understanding and Addressing Bullying

An empathetic guide for educators, school staff, and community adults to recognize, address, and prevent bullying in our schools.



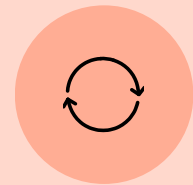
What is Bullying?

Bullying is a systematic and repeated abuse of power. To address it effectively, we must understand its core characteristics.



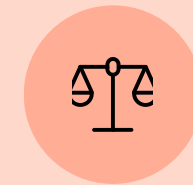
Aggressive Behaviour

Intentional harm or discomfort inflicted on a target through physical, verbal, or psychological means.



Repetitive Pattern

The behavior happens more than once or has a high likelihood of being repeated over time.



Power Imbalance

An actual or perceived imbalance of physical strength, social status, or access to embarrassing information.

Physical Bullying

Physical bullying involves hurting a person's body or damaging their possessions. It is the most easily identifiable form of harassment but often leaves deep emotional scars alongside physical ones.

Bodily Harm

Includes hitting, kicking, tripping, pinching, pushing, or forcing physical contact.

Property Damage

Taking, hiding, damaging, or destroying a student's personal belongings, schoolwork, or clothing.



Verbal Bullying

Verbal bullying involves saying or writing mean things. Because it leaves no physical evidence, it often goes unnoticed by adults while quietly eroding a youth's self-esteem.

- Name-calling, teasing, and insulting
- Inappropriate sexual comments or taunts
- Verbal threats of physical violence or exposure



Sexual Bullying

Sexual bullying consists of repetitive, harmful, and humiliating actions that target a person sexually, based on their gender, sexual orientation, or physical appearance.

Gender-Based Harassment

Using derogatory labels, making vulgar gestures, or spreading sexual rumours about a peer.

Body Shaming

Targeting individuals with unwanted comments regarding physical development, appearance, or personal boundaries.

Cyberbullying

Cyberbullying takes place over digital devices like smartphones, computers, and tablets.

It can happen 24/7, making it difficult for victims to find a safe haven.

- Sending hurtful text messages or emails
- Posting embarrassing photos or rumours on social media
- Excluding peers online or creating fake profiles to mock them



Prejudicial Bullying

Prejudicial bullying is based on prejudices of youth toward those of different races, religions, sexual orientations, or abilities. It isolates vulnerable students based on their identity.

Targeting Differences

Mocking cultural practices, accents, traditional clothing, or religious symbols.

Systemic Exclusion

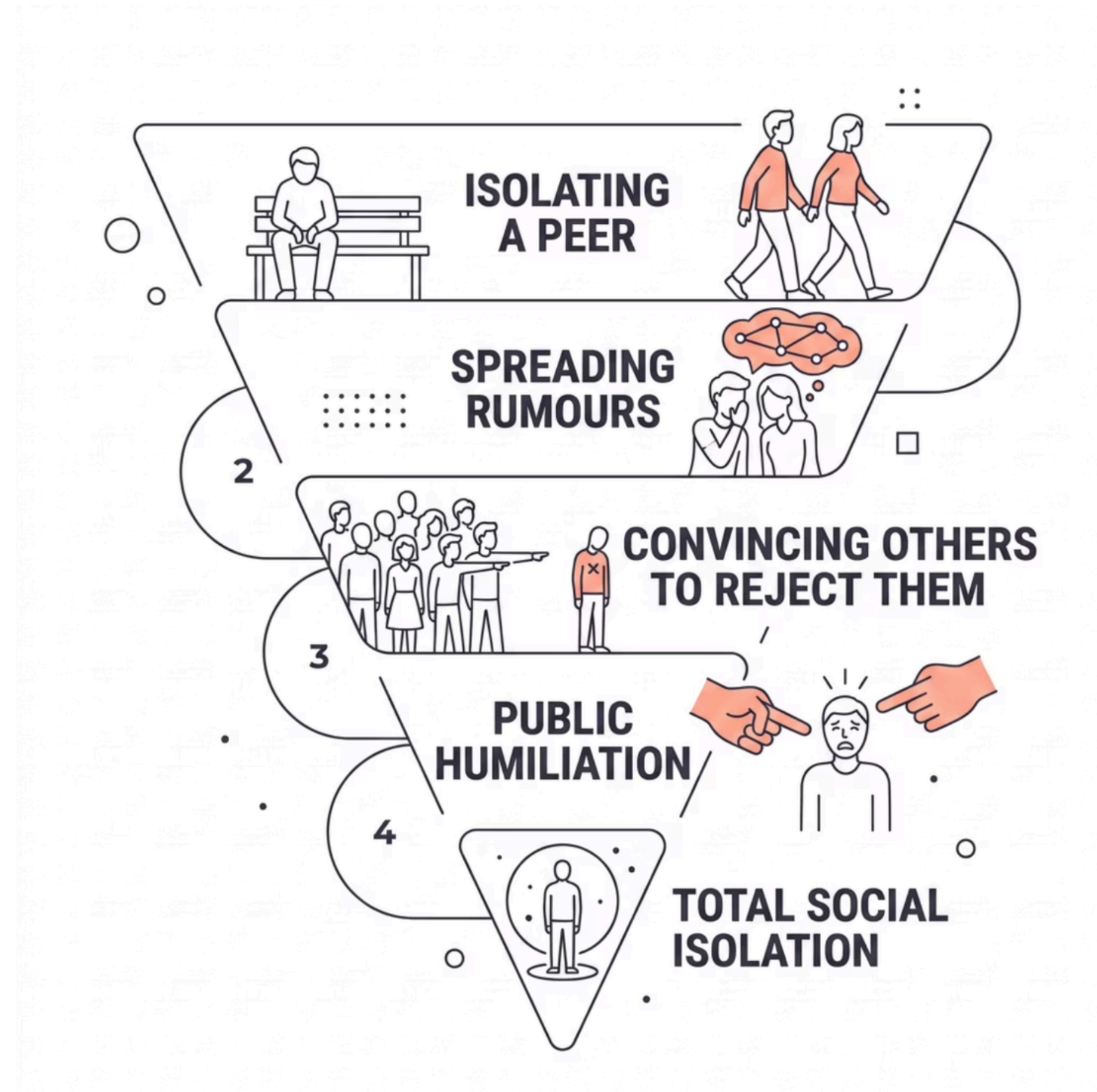
Denying access to groups or activities based on discriminatory biases and stereotypes.



Social Bullying

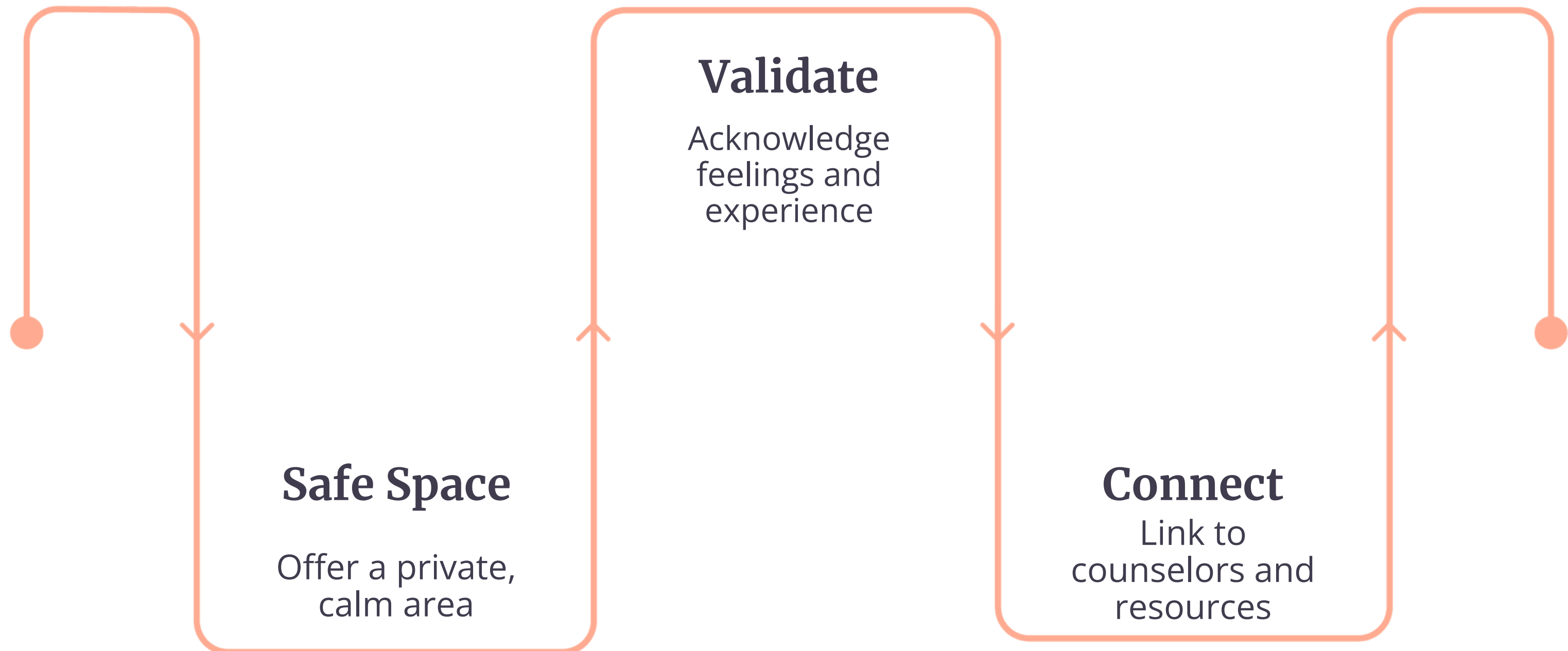
Sometimes referred to as relational bullying, social bullying involves hurting someone's reputation or relationships. It is often covert and carried out behind the victim's back.

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading whispers, secrets, or false rumours



How to Help: Immediate Intervention

When a young person comes forward or is identified as a victim of bullying, adults must respond with immediate, empathetic, and structured support.



Remember: Your response can significantly impact a child's recovery and willingness to seek help in the future.

Community-Wide Prevention

Preventing bullying requires an active, ongoing effort from the entire community. We must transition from reactive discipline to proactive prevention.

Model Respect

Adults must demonstrate respectful behavior, constructive conflict resolution, and active empathy in their daily interactions.



Formal Programs

Schools should establish clear anti-bullying policies, anonymous reporting channels, and social-emotional learning curricula.



Remember:

**We are the same
despite our differences!**

Thank you for your attention!