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**Γ2**

**Cyberbullying**

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# **Different types of bullying**

**Cyberbullying**

## Cyberbullying

**Cyberbullying** is a form of bullying that takes place over the Internet. It can be considered as **Verbal** bullying.

## Verbal

This type of bullying is one of the most painful bullying that someone can experience, and, in this category, there are various insults and **verbal violence**.

**Social bullying** can be considered the same as verbal bullying since both categories use verbal violence. The difference of social bullying is that the aggressor tries to crush the psychology of the victim through third parties just like spreading bad rumors about the Victim.

## Social

**Physical bullying** is the most common in schools. This type of bullying includes different types of physical contact. Some examples are kicking and punching.

## Physical

# A closer look...

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Unfortunately, Cyberbullying has consequences, such as sadness, isolation, depression, alienation and can even lead to suicide.


**Cyberbullying**, like any other form of bullying, can cause **sadness**, even **distress**, while in many cases it can cause **anger** and a desire for revenge, which will cause further problems.

Moreover, Cyberbullying can cause alienation and isolation, creating “walls” between the victim and their friends or family. Finally, any type of bullying especially Verbal cause depression.

This feeling sometimes can be easily manageable and combated by psychiatrists but in some cases, the damage that the persecutor have caused is non-manageable and can lead the victim to suicide.

# How can we prevent bullying?

To prevent bullying from happening we can do a lot of things and take precautions.



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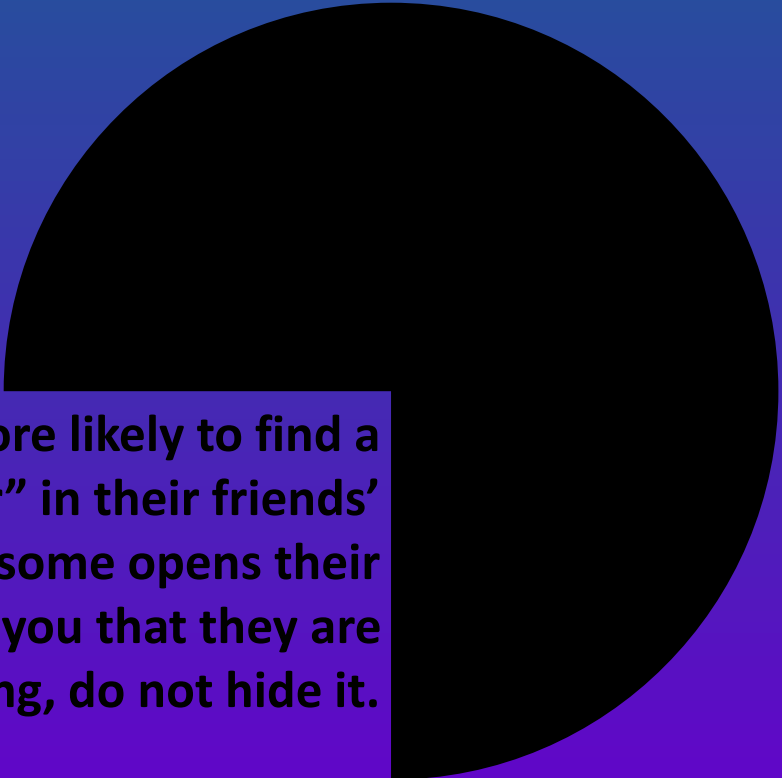
Fundamental, the school could organize campaigns in order to raise awareness about bullying so that the students are prepared to deal with any challenge in the future .



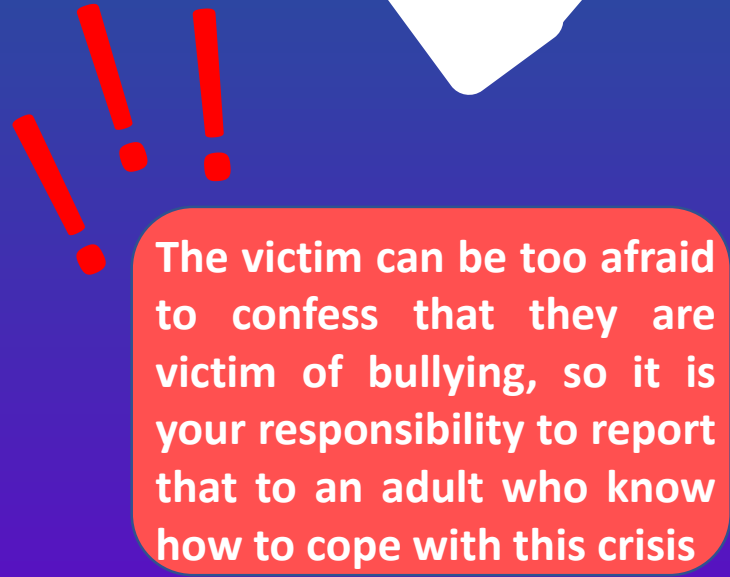
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Furthermore, parents could talk about bullying with their children, but they also must make sure that their child is trusting them and if their child becomes the victim of bullying. That will also help them to understand that **THEY AREN'T ALONE**, significant issue that must be dealt with, cause nowadays many children do not trust their parents since their parents “remind too often bad actions that their children may have taken.

# How can we prevent bullying?



Finally, a victim is more likely to find a temporary “shelter” in their friends’ relationships, so if some opens their heart and tell you that they are victims of Bullying, do not hide it.



The victim can be too afraid to confess that they are victim of bullying, so it is your responsibility to report that to an adult who know how to cope with this crisis

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# Advices & Tips...for bullying

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If you are a Victim of Bullying or know someone else who is, report that  
Immediately, an adult knows how to cope with this challenge

**BE  
STRONG**

**YOU ARE  
NOT  
ALONE**

You must always know that you are not alone, you always have someone to talk, be it your parents or your friends or even the teachers

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**Thank you for your time**



# Erasmus+

ανοίγει δρόμους, αλλάζει ζωές.

