Bullying a small word with a big meaning….

ALEXAKI MARIZA
BOSKALI AGGELINA
MAKRAKI CHARA

BULLYING:

IS A FORM OF AGGRESSIVE BEHAVIOR IN WHICH AN INDIVIDUAL OR A GROUP OF PEOPLE USES VERBAL OR PHYSICAL VIOLENCE ON ANOTHER PERSON, WITH THE INTENTION OF WEAKENING OR SUBJUGATING THEM .

THE INCREASE IN BULLYING IN RECENT YEARS CAN BE ATTRIBUTED TO FACTORS SUCH AS:

1) THE ANONYMITY PROVIDED BY THE INTERNET

2)THE PRESSURE OF SOCIAL MEDIA AND THE LACK OF SOCIAL SUPPORT.

3) NEGLECT BY THE FAMILY ENVIRONMENT

BULLYING , DESPITE THE IMPRESSION OF SOME, THAT IS EXCLUSIVELY A SCHOOL PHENOMENON, APPEARS IN ALL AGES AND SOCIAL GROUPS. IT CAN BE COMMIDED IN ANY TYPE OF SCHOOLS AND SCHOOL FACILITIES BUT ALSO IN THE FAMILY OR IN THE WORKPLACE.



THERE ARE MANY REASONS BULLYING IS EXERCISED.

THE VICTIMIZERS:

1) MAY HAVE BEEN BULLIED THEMSELVES AND WANT TO VENT THEIR ANGER ON OTHERS

2) ARE USUALLY PEOPLE WITH WEAK CHARACTERS WHO WANT TO BELONG SOMEWHERE

3) MAY FEEL EMPOWERED THROUGH BULLYING



Here are some ways to deal with bullying:

1 . Don't respond aggressively.

Instead of reacting with anger , try to stay calm and not take it personally.

2. Ask for help from an adult :

if the bullying is serious, ask a teacher, parent or another adult for support

3. Talk to your friends:

the support from people close to you can help you feel better and find solutions.

4. Build self-confidence:
Work on boosting your self esteem which can protect you from the negative effects of bullying
5. ignore the victimizer :
if you can, ignore the challenge or attack . victimizers often get discouraged when they don't receive the attention they want.
6. Support others who are being bullied:
if you see others suffering from bullying, stand by them and show solidarity



Types of bullying

- Physical Violence
- Verbal Violence
- Emotional Violence
- Sexual Violence
- Cyber Bullying


THE END