Erasmus Student's Project About Bullying

Bullying: Types, Causes, Consequences

Prepared by: Hera Pateraki and Marianna Pavlidi

Types of Bullying

.PHYSICAL BYLLYING

- Includes hitting, kicking, shoving, spitting, beating up, stealing or damaging property. While physical bullying causes harm to a child's body or property.

.VERBAL BULLYING

- Includes name-calling, mocking, hurtful teasing, insults, slurs, humiliating or threatening someone, racist comments, or sexual harassment.

.SOCIAL BYLLYING

- Includes rolling your eyes or turning away from someone, excluding others from the group, getting others to ignore or exclude, gossiping or spreading rumours, setting others up to look foolish, and damaging reputations and friendships.

.CYBERBULLYING

- Includes the use of email, cell phones, text messages, and internet sites to threaten, harass, embarrass.

.RACIAL BULLYING

- Includes treating people badly because of their racial or ethnic background, saying bad things about a cultural background, calling someone racist names or telling racist jokes.

.RELIGIOUS BULLYING

- Includes treating people badly because of their religious background or beliefs, making negative comments about a religious background or belief, calling someone names or telling jokes based on his of her religious beliefs in an effort to hurt them.

.SEXUAL BULLYING

- Includes leaving someone out, treating them badly, or making them feel uncomfortable because of their sex. Making sexist comments or jokes, touching, pinching or grabbing someone in a sexual way.

.DISABILITY BULLYING

- Includes leaving someone out or treating them badly because of their disability.

The Causes of Bullying

.POWERLESSNESS

- BEING BULLIED BY OTHERS

.JEALOUS OR FRUSTRATION

- LACK OF ACCEPTANCE



.LACK OF EMPATHY

.SEEKING ATTENTION

. HOMELIFE WITH ARGUING ADULTS

.NEED FOR CONTROL



.BAD BEHAVIOUR REWARDED

.CANNOT REGULATE EMOTIONS

Bullying has serious long-term consequences.

It's important to address and prevent bullying to support a healthier environment for everyone.

PHYSICAL HEALTH

.Dizziness

.Poor appetite



.Sleeping problems

.Stomachaches

MENTAL HEALTH

.Depression

.Anxiety



.Self-harm

.Personality disorder

SOCIETAL PROBLEMS

.Offending behaviour

.Absence from school

.Lowered income

.Drug use