

A close-up photograph of a person's eye, looking directly at the camera. The eye is framed by dark, thick eyelashes. The surrounding skin is covered in numerous bright red paint splatters of various sizes, some overlapping the eye and others scattered across the face. The background is a soft, out-of-focus greyish-blue.

Bullying and Cyberbullying

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4B Liceo Linguistico



How is bullying defined?

It is defined as the repeated use of threats or violence in an attempt to harm or intimidate others



What is Bullying?

What Bullying Is Not:

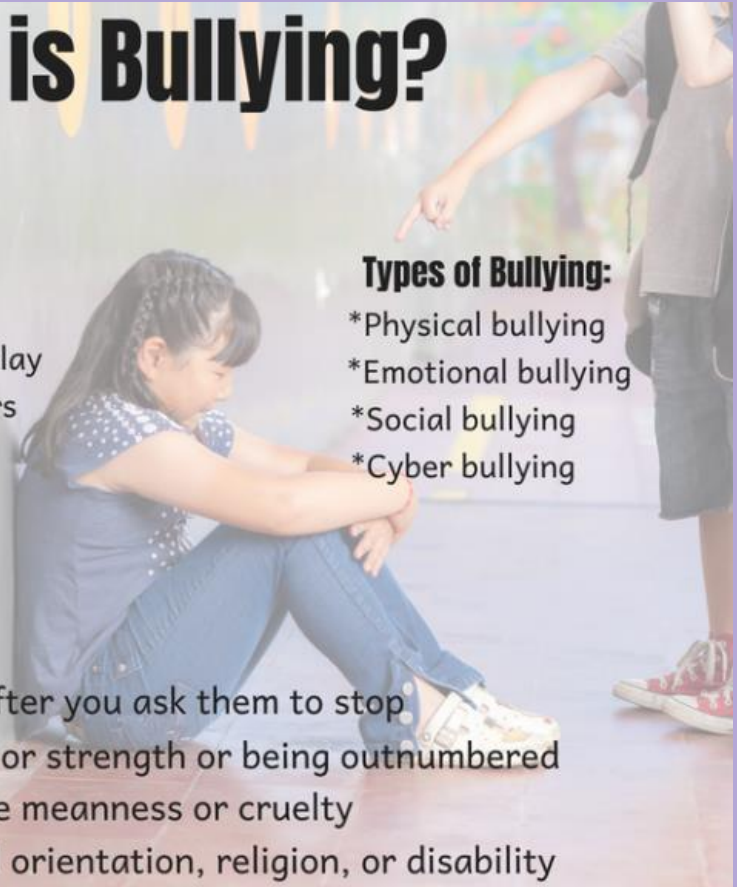
- *Hurting someone's feelings
- *Teasing or name calling
- *Ignoring, or not wanting to play
- *Taking something that's yours
- * Cutting in line
- *Not sharing or turn taking
- * General Meanness

UNLESS, it is:

- *Repetitive or continued after you ask them to stop
- *An Imbalance of "power" or strength or being outnumbered
- *Intentional and deliberate meanness or cruelty
- *Motivated by race, sexual orientation, religion, or disability

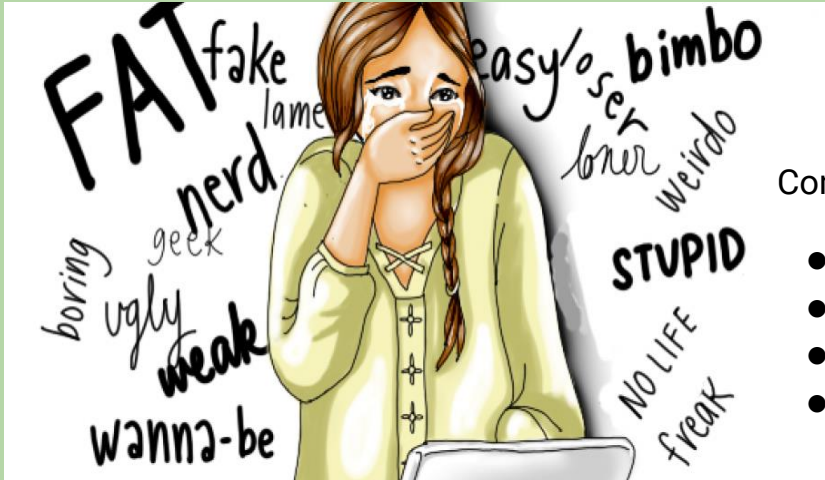
Types of Bullying:

- *Physical bullying
- *Emotional bullying
- *Social bullying
- *Cyber bullying



Victims of cyberbullying are more likely to

- Abuse alcohol and drugs
- Have physical and emotional health issues
- Suffer from low self-esteem
- Have poor grades in school
- Avoid other children by refusing to go to school
- Commit suicide



Cyberbullying is a type of bullying in which one or more individuals use digital technologies to intentionally and repeatedly cause harm to another person..

Commonly used methods of cyberbullying include:

- Derogatory or threatening emails and text messages
- Using social media sites to spread rumors
- Posting embarrassing pictures or videos of the victim
- Creating fake profiles to post false or damaging information



CHALLENGES

GROOMING

GAMING

THE DANGERS OF



THE INTERNET

HATE SPEECH

SEXTING

FAKE NEWS

DISSING

How we can defend ourselves and fight against bullying and/or cyberbullying?

1. Don't respond instantly
2. Save all the evidence
3. Speak out to whom you trust
4. Be genuine
5. Just Block and delete
6. Protect passwords
7. Don't put yourself into trouble
8. Don't be a bystander, be a friend



LET'S BE A TEAM!!!

