E-BOOKLET

BULLYING PREVENTION

Youth Exchange
"On the way to tolerance"

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STOP BULLYING AT SCHOOLS/UNIVERSITIES

BULLYING TYPES:

- Social
- Verbal
- Physical Bullying
- Prejudicial Bullying
- Sexual Bullying
- Cyber Bullying

BULLY-FREE ZONE

WAYS TO STAND UP BULLYING:

- Ignore the Bully
- Tell the Bully to Stop
- Make a Joke
- Avoid Bullying Hot Spots
- Stick With Friends
- Know How to Escape the Situation
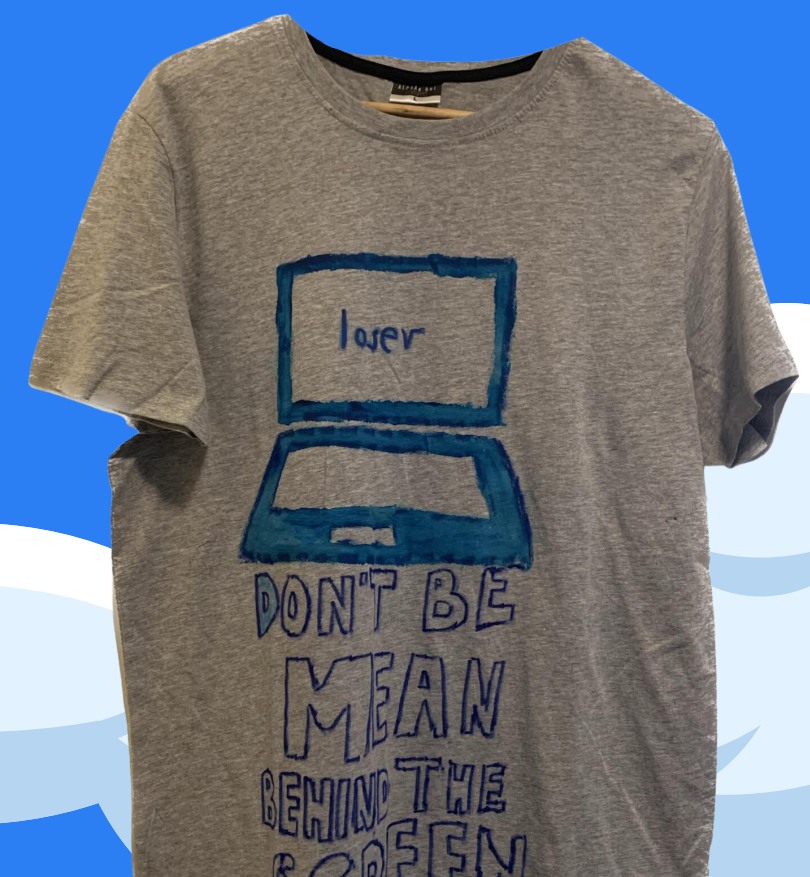- Report the Bullying to an Adult

WAYS TO FIGHT CYBERBULLYING

Cyberbullying refers to the act of using technology, such as the internet or mobile devices, to harass, intimidate or harm others.
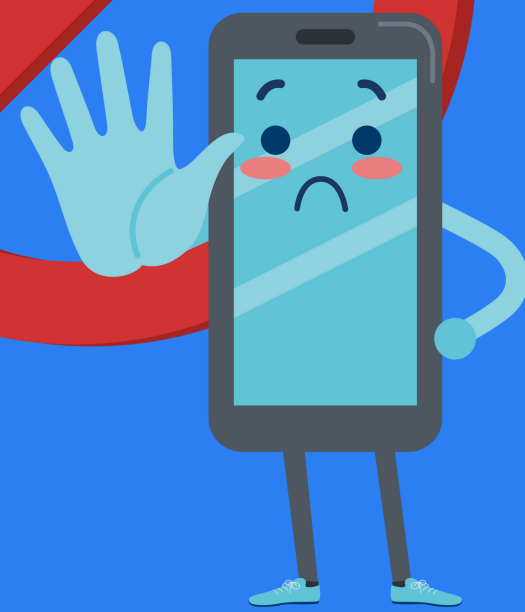
Handmade T-shirts were created during the mobility, as a way to fight against cyberbullying and foster tolerance.

WAYS TO FIGHT CYBERBULLYING

- Spread awareness through campaigns, workshops, or school programs to promote a safe and respectful online environment.
- If you encounter cyberbullying, report the abusive content or behavior to the relevant platform or website.
- Take screenshots or save any evidence of cyberbullying, including messages, posts or images.
- Offer support and empathy to the person being targeted.
- Promote positive online behavior: Encourage and model respectful and kind behavior online.
- Remember, addressing cyberbullying requires a collective effort from individuals, communities, and online platforms to create a safer and more inclusive digital space.