

Model Experimental Senior High-School of Patras 2014-2015

ENGLISH COURSE

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Bullying

CAUSES AND HOW TO COMBAT IT...



Types of bullying.



Physical

includes hitting, kicking, tripping, pinching and pushing, or damaging property



Verbal

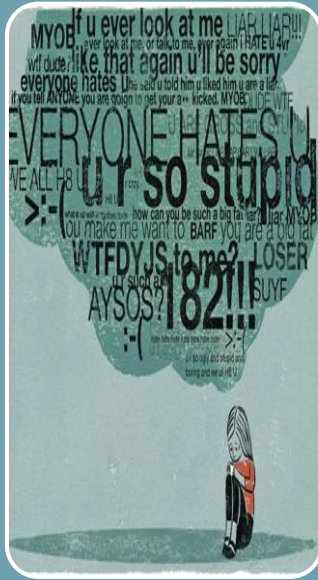
includes name-calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse.



Social & Emotional

also called "relational bullying", includes behavioural actions designed to harm a child's reputation or cause humiliation, like spreading rumours, negative facial gestures, playing mean jokes to embarrass a child, encouraging social exclusion of a child, etc

Types of bullying.



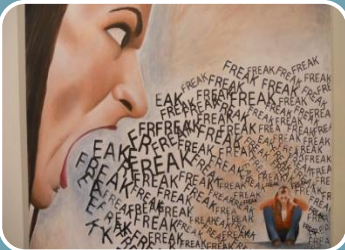
Cyber

includes taunting or humiliation through social media sites (Facebook, Twitter, etc.) or the Internet, cruel websites targeting specific youth, humiliating others while playing online games, verbal or emotional bullying through chat rooms, instant message or texting, posting photos of other youth on rating websites, etc.

Causes of bullying...



Bullies come from dysfunctional families. A dysfunctional family is not a guarantee that a child will become a bully. However, a large number of bullies come from homes where there is little affection and openness.

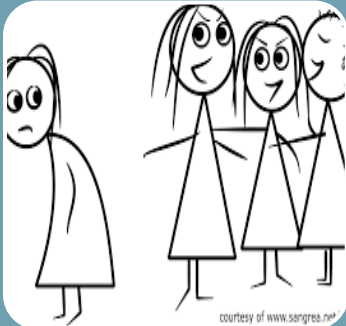


Bullies need to be in control. Kids who push others around are often driven by the need for power. They are impulsive and hot headed and they thrive when their victims cower in their presence



Bullying behavior gets rewarded. Most people don't do this intentionally; however, the perpetrator is rewarded anytime victims give up their lunch money or belongings. They also get rewarded by gaining popularity, attention or the power of having others afraid of them.

Causes of bullying...



Bullies don't care how others feel. Some children either lack empathy or just like seeing others in pain. When they hurt someone, they have no sense of what the victims or the people around them feel. The reactions of the victims give the bully a sense of accomplishment, so he continues the behavior.



Bullies can't regulate their emotions. When people get frustrated and angry, they can usually stop themselves from doing things that will hurt others. When kids don't have the ability to regulate their emotions, small annoyances can provoke them and cause them to severely overreact.

How to combat bullying?



As long as children are concerned...

There is
NO EXCUSE
for bullying
and abuse.
Not ever.

Never ignore bullying. Instead, refuse to engage and refuse to respond to the bullies' provocation.



Learn to recognise bullying as soon as it starts. Early recognition is the key to a successful outcome.



Recognise that you have a **right** not to be bullied, harassed, assaulted or abused.

As long as children are concerned...

You may feel shame, embarrassment, guilt and fear. This is normal, but misplaced. The bullies stimulate these as part of trying to control you. Overrule these feelings.

If you're in a bullying situation that you think may escalate into physical violence, try to avoid being alone.

Practice confidence. Practice ways to respond to the bully verbally or through your behavior. Practice feeling good about yourself

And some helpful tips...



Remember that bullies can't hurt you. They just want to show that they're powerful, even though they show just the opposite: they are cowards. Really powerful people show their power in other ways, not by humiliating others that are "weaker" than them. Show them that you're not afraid of them.



Some bullies might just be jealous of you. They only bully you because you have a great talent that they don't have, so be proud of what you are doing. Calling names is not fun. Actually, what's deep inside those bullies is they don't have the guts to do what you do the best.

Thank you for your attention!

“People who love themselves, don’t hurt other people. The more we hate ourselves, the more we want others to suffer.”

~Dan Pearce

