

Stop bullying!

Bullying in school



Central features:

- Targeted harm
- Repetition
- Imbalance of power

Effects of bullying:

- Anxiety, depression
- Physical complaints
- Decline in performance
- Loss of self-esteem
- Alcohol and substance abuse
- Suicidal thoughts, suicide



Preventive measures:

- Establishing common rules
- Improving communication skills
- Establishing conflict resolution methods
- Strengthening the community through civility
- Early detection of bullying and intervention for prevention

Bullying = subtle form of violence

Bullying ≠ a single act, but a series of recurring attacks

Special characteristics:

- School dynamics
- Group pressure
- Influence of teachers and school administration
- Impact on the learning environment and community



Strategies for victims:

- Don't stay alone
- Keep a bullying diary
- Build self-confidence
- Address bullies directly
- Inform adult authority figures

Interventions:

- Direct confrontation with the perpetrator
- Indirect measures to support affected individuals
- Community support and strengthening of social norms in school